

# Gratitude journal



Naturally our brains tend to lean towards noticing negativity and risk, it's a mechanism to help keep us safe. However, it's not useful to always focus on the negative. Gratitude journals can help refocus the brain on more positive things.

**Why do it?** Focusing on things we are grateful for:

- helps to improve our mood
- can lower your stress levels
- helps you feel calmer, especially at night
- can give you a new perspective
- helps prepare and strengthen us for rough or difficult patches.

## How to do it.

Make some time to consider what you're grateful for. Doing this just before going to sleep can help calm the mind but anytime that works for you is good.

Make a list of all the things you're grateful for, it doesn't matter how big or small. Sometimes noticing the small things can have more of an impact on us for example, that the sun is shining.

Consider the whys. What are the reasons you're grateful for that item, person, experience?

Journal regularly, once a day for a few minutes can really have lasting positive effects.

Write down the things you're grateful for, some days you may have one or two things other days you may have 10 plus.

Start here! Things I am grateful for.

The reasons I am grateful for these things.