

GRATITUDE JOURNALING



QUICK EXPLANATION

Gratitude has been found to significantly increase positive wellbeing and can help people feel happier. Gratitude is feeling thankful but also having a deep appreciation for someone or something that produces a long-lasting effect.

The activity below can help you to focus on 3–5 things that have been good in the last week, to help build your positive wellbeing. These can be small things to significant events. This exercise is useful to do regularly. Notice how you feel once you have completed the activity. Perhaps you could do it before bed or in the early evening.



AIM

To help you focus on the positive things going on in you're life.



INSTRUCTIONS

This could be done once a week, or even every day, depending on what works best for you.

1. Use a space where you can write your thoughts down, whether this is a notepad on your phone or a separate journal or notebook.
2. Take time to think of something during today or over the last week you are grateful for. If you can, aim to note down 3 things. These can include people, or objects, or events that went well. You may want to write why they went well or talk about people or things that mean a lot to you and you are grateful for.
3. You could share something from your gratitude diary with someone that you trust.
4. Keep this list safe and read through it when you are low or finding it hard to be grateful for things in your life.



RESOURCES

None needed.