Gratitude Journaling

gratitude |

noun *[mass noun]*
the quality of being thankful; readiness to show appreciation for and to return kindness.

Did you know feeling grateful is good for you? Research shows that when we practice gratitude we not only improve our mental health but also our physiological health as well.

Gratitude is both a **practice** and a **feeling**, it can even be described as a **personality trait**. You may know someone that is grateful, they give thanks for things that are of value to them, this could be the people around them, or even just noticing the good in situations that they find themselves in.

In the noisy world of social media you might feel envious of others or even resentful that you don't have what they have. Feeling grateful takes practice.

Start by listing 3 things you feel most thankful for here…

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Now lets take that a bit deeper…

Set a timer for **3 minutes**.

Take your **pen** and write continuously write about everything that comes into your mind when you think of what you are grateful for. This can be about people you have in your life, or even as basic as clean running water. Start with the things that are the most obvious to you and then go a little deeper.

Don't worry about how neat your handwriting is or if your spelling or grammar are correct. This is all about doing a written 'brain dump' to see your thoughts on the page.

What am I thankful for right now?

How do you feel after writing those down?

Do you think your mood has improved thinking about all of these things you already have?

Which ones are the most important to you?

I am
grateful
for

Please evaluate how you think this could *Positively* impact your mental health and wellbeing…

For more info on journaling and gratitude head to www.thepositiveplanners.com