

GRATITUDE JOURNALLING

Practising gratitude

Gratitude is a feeling of appreciation for something or someone. Being grateful for the simple things in life can sometimes get lost amongst external noise. But, often small things in life are the most important. They are joys we should always cherish, not only when times are tough.

Regular gratitude practice has been shown to have a very strong positive impact on a person's level of happiness, decreasing stress and depression levels too. It is associated with personal growth, autonomy, self-acceptance, positive relationships and having a purpose in life. Below we have listed some useful tips and prompts to get you started...



Keep it simple - You can do this in a few minutes in the morning or before bed



Start small - It doesn't matter how small the things you are grateful for are, it is more important that you make time to reflect and appreciate them



Be specific - Why are you grateful for that specific thing today?



Stay consistent - Start it now and try it for two weeks, every day



Gratitude prompts:

- Look out the window, what are you grateful for outside?
- Who or what made you smile today?
- What about your job are you grateful for?
- What qualities do you admire in other people?
- What are you looking forward to?
- What personal qualities are you grateful you have?