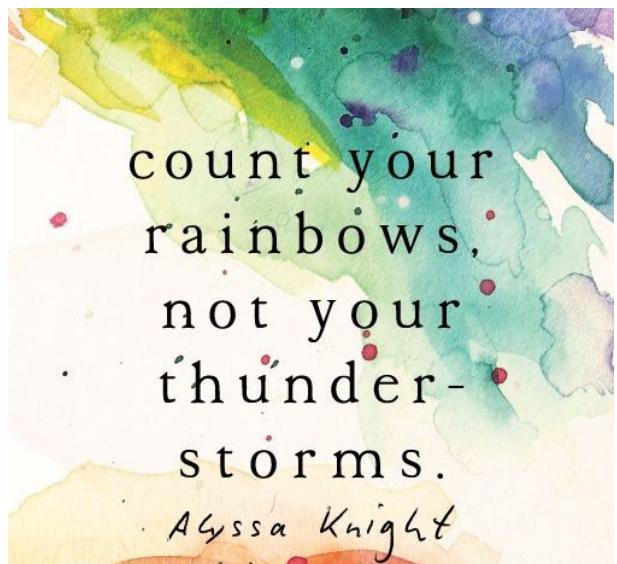


Gratitude

- Gratitude is an expression of appreciation and the quality of being thankful.
- When practising gratitude, we are training ourselves to see the good in life rather than focusing on the negatives.
- Being grateful can: shield you from negativity, make you feel happier, improve sleep, eliminate stress, rewire your brain, boost your self esteem and improve your relationships.



How can you be grateful?

1. Keep a gratitude journal and write down three things every day that you are grateful for.
2. Be aware of the words you speak and the thoughts you think so that you can stop negativity.
3. Look out for the little things in life that make you smile throughout the day.

It is not happy people who are grateful, it is grateful people who are happy.

GRATITUDE JOURNAL: 5 TIPS TO GET STARTED

Scientific research has proven the benefits of keeping a gratitude journal. Here are 5 tips for getting started:

CHOOSE YOUR METHOD



- Bound Journal
- Bullet Journal
- Notebook
- App
- Phone Memo
- Voice Recorder
- Computer Document

CREATE A ROUTINE



Set the same time, place and way to show gratitude.

For example, write three things you are grateful for each night before bed.

BE IN THE PRESENT MOMENT



Breathe, bring yourself into the present moment and feel the gratitude surge through your body.

DEPTH RATHER THAN BREADTH



Don't limit the number of events you wish to be grateful for, but be sure to fully express each one.

FORGIVE YOURSELF



If you miss a day or a week, don't get disheartened. Just pick it up again as soon as you can. Your gratitude journal will always be there for you!

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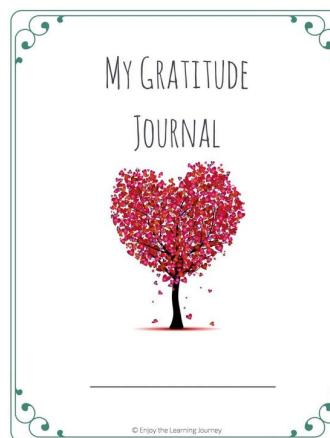
If you prefer to keep track of your thoughts using a Smart phone or tablet you might like to download an app called "Delightful - 3 Good Things".



Writing in a Gratitude Journal is a brilliant way to help you feel more positive. Scientific research has proven that you can "rewire" your brain to be happy by simply recalling three things you are grateful every day for 21 days. There are now some brilliant Gratitude journals you can buy or even print!

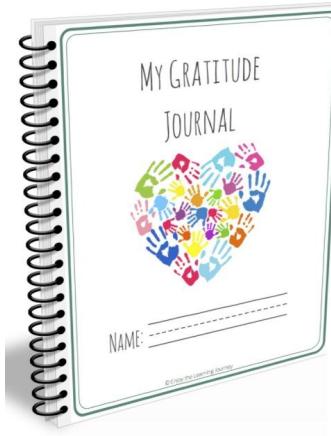


Make sure you find a journal that suits you so that you want to write in it everyday.



Here is an example of a free journal that you can print off at home. You could even use your own favourite notebook to write down a list of things you are grateful for everyday.

<http://enjoythelearningjourney.com/live-a-life-of-gratitude-free-printable/>



This is an example of a journal you could print for your child to use at home.

<http://moneysavingmom.com/2016/11/free-printable-31-day-gratitude-journal-kids.html>