



GRATITUDE JOURNAL



GRATITUDE

Refocus your thoughts and explore ways to practice being grateful.

Activity overview

Regularly recording the positives in your life

Equipment required

Pen/Pencil

Journal

Time required

5 minutes -
Unlimited

WHY: A great way to record the positives in your life. This can help us reflect and remain positive even with things are difficult.

Start keeping a journal. Everyday write down at least three things that you are grateful for. Try to include all of your senses. Some inclusion could be:

Things you love to smell

Things you love to hear

Things you love to see

Things you love to feel

Things you love to touch

People you are grateful for in your life and why?

Things that happened to you in the day that you are grateful for?

Opportunities you are grateful for

Food, animals, music, trees, landscapes, weather, colours, textures etc you are grateful for

What specifically about you, your body, your mind, your life are you grateful for

Write about people you have helped and people that have helped you

Or simply:

Who I am most grateful for?

What I am most grateful for?

Why I am most grateful?

Set a goal to keep the journal for a week, then a fortnight, then a month, 6 months, a year.

Observe how you begin to feel about your life and everything in it.

This information is not for sale. It is for educational purposes only.

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