



## Gratitude Journal

**Why?** When we stop and notice the things in our life that bring us joy, happiness and that we are grateful for, it can have a positive impact on our mood. Very often we focus on the negatives, taking time to think about the positive aspects of life can help us to feel happier and have a more balanced outlook.

Keeping a gratitude journal is one way to practice mindfulness. You can do this in any way you choose. The main thing to remember is to try to find a time every day to notice something you are grateful for. You can make your own diary, poster, notes or use our template.



Tips for keeping a gratitude journal:

- Keep it by your bed so you can write in it before you go to sleep
- Set a goal that feels comfortable, it should not be a chore so do as much and as often as you can.
- Express your gratitude in the way you want to. It could be written in bullet points, a paragraph, a drawing, a scrap book...
- Nothing is too small – if it is personal and important to you it matters!



I am grateful for...

Something good that happened today is...



Today I noticed ...



A moment I want to remember is ...

Something that is important to me is ...

