

## EXERCISE: Gratitude diary



**Why:** Keeping a gratitude diary has been found to have many benefits. We rarely make time to think about what we are grateful for. Keeping a gratitude diary can help re-programme our brains to recognise the positive things in our lives and our environment. This can kick start a cycle of positive thoughts and improve your mental health.

**How:**

- Write down three things that you are grateful for. You can be grateful for anything – it is your diary. But try to be as specific as you can.
- Repeat every day for at least three weeks and see if you notice a change!
- You might find it useful to print this off and complete it at the same time each day – many people like to do it just before they go to bed each night or before breakfast each morning.

# GRATITUDE DIARY

**START DATE:** .....

WRITE DOWN THREE THINGS THAT YOU ARE GRATEFUL FOR. YOU CAN BE GRATEFUL FOR ANYTHING - IT IS YOUR DIARY. BUT TRY TO BE AS SPECIFIC AS YOU CAN.

**EXAMPLE:**

1. THAT I WAS ABLE TO MEET JANE FOR LUNCH TODAY
2. FOR MY SISTER PHONING ME TODAY AND ASKING ME HOW I AM
3. THAT IT DIDN'T RAIN TODAY WHILE I WAS OUT

**MONDAY:**

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**TUESDAY:**

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**WEDNESDAY:**

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**THURSDAY:**

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**FRIDAY:**

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**SATURDAY:**

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**SUNDAY:**

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**REFLECTIONS:**

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