

# Mindfully grateful



## Gratitude Journal

A simple way to become more mindful is to keep a gratitude journal.

Practising gratitude can be life changing, it certainly was for me. Practising gratitude can increase your happiness levels by about 25%. I've read the science behind this, it works.

I began with a 30-day challenge and a great deal of scepticism, but—it changed me. I was far happier, amazed at how many good people and things there were in my life.

So, write down in your journal, 3 things you're grateful for.

- 3 things I'm grateful for today are..... and I feel..... about them.

It can be anything, because sometimes, if we've had a crappy day, it's hard to believe we could be grateful for anything.

You can just write whatever comes to mind, or you can answer questions about your life or work or the world. Try filling in one or all of these suggestions:

- 3 things I got done today are ... And I feel ... about them.
- 3 things I'm going to do tomorrow are... And I feel ... about them.

If you think back about your day you can often find a little something, like a flower or bird you saw, or someone who smiled at you or the soft chair you're now sitting in. Look around you, remember your day, and find those three things. Some days you'll have exciting things to write down. And some days you'll be writing about very simple joys, like finding a parking spot, that first sip of a great cuppa or a hug from a child.

If you still find it a bit difficult to get started, think about these questions:

- What made me smile today?
- What's the best thing that happened today?
- Who or what inspired me today?

The recommendation is to do this daily for 30 days. Then you may start to notice a change in how you view the world. And don't worry if you miss a day, don't give up on the whole thing, just keep going when you do remember. Make it easy by putting in a trigger such as leaving your journal and a pen by your bed so you're reminded to use it before you sleep.

I found this great to do at night, it helped me remember the best parts of my day, and helped me feel good as I went off to sleep.

If you get yourself into the habit, then you start to look forward to your 10 minutes of writing before you sleep. Sometimes, you'll find yourself during the day thinking, 'I'm so grateful for this. I'm so glad I did this or finished that. I'm so looking forward to that'.

If you'd rather journal your gratitude in the morning, try thinking about your 3 things when you're drinking your first coffee or tea for the day, (or while you're in the queue waiting to order). Each time you take a sip, think of something you're grateful for.

At the end of every week read back over all the entries, and think about how much you have to be grateful for in your life.

So, give it a go. Start now.