

Practicing Gratitude



When we're experiencing emotional distress or going through a hard time, it can be difficult to have a reasonable perspective about our lives. Dwelling on what's going wrong can be a lot easier than acknowledging what we have to be grateful for. According to **Greater Good Magazine**, people who regularly practice gratitude are happier and less depressed. Gratitude is about small things and big things. You could be grateful for the food you had for breakfast, or the comfort of your bed, or your healthy body, or the fact that your friends are always there to support you, or the sunshine streaming in through your window. When we acknowledge the things we have to be grateful for, both big and small, it can help us step outside of what we may find challenging to see the bigger picture.

Now, you may be asking yourself, "how do I practice gratitude"? Well, then you've come to the right place! In this resource, you will find journaling prompts that will help you practice gratitude. These are prompts that you can use throughout the day when you need a little gratitude pick-me-up.

Journaling is a valuable way to track our thoughts and experiences. It can be a great way to get thoughts from our minds out into the world instead of dwelling on things internally. It can also be helpful for reflection. For example, when journaling about gratitude, you can look back on what you were grateful for on the days you did this journaling exercise when you're going through something challenging to remind yourself of the good there is in your life. It can also help to timestamp experiences that you can reflect on later. Try it out for yourself and see!



A Day of Gratitude

Morning prompt -

Waking up grateful:

5 things that I am grateful for that I can see in my bedroom right now...

1.

2.

3.

4.

5.

Afternoon prompt -

Gratitude check-in:

4 people I am grateful for and why...

1.

2.

3.

4.



Evening prompt -

Gratitude continued:

3 things about myself that I am grateful for...

1.

2.

3.

Bedtime prompt -

Reflecting on gratitude:

2 things I am grateful for about today...

1.

2.

You can use these prompts every day as a reminder to yourself that there is so much in life to feel grateful for. You can also change up the order and the number of things in each prompt to keep it fresh each day. Use these prompts as a starting point on your gratitude practicing journey and see if it helps improve your mood! So pick up a notebook and get to writing.