

Practicing Gratitude

Benefits of Gratitude

The practice of gratitude, or being thankful for and appreciating the good things in life, is an easy and effective way of retraining your brain to focus on the good.

Research has consistently shown the benefits of a regular gratitude practice including improved sleep, increased physical health, stronger relationships and increased happiness.

To experience these benefits, start by spending a few minutes a day thinking about what you are grateful for. Here are some prompts to get you started...



Something that made me smile today was: *e.g., a funny video my friend sent me*

Three things I'm grateful for today and why: *e.g., my cup of tea, because it tastes good and helps me to relax*

- 1.
- 2.
- 3.

I'm looking forward to:
e.g., video calling my family later.

What went well today:

e.g., Got more of my assignment done than I had expected

Who are your grateful for and why:

e.g., my best friend, for teaching me a new recipe and improving my cooking skills

How can you let this person know? *e.g., send a picture of my dish, text, instagram post*

If _____ wasn't in my life, I would not...

e.g., If I didn't have the opportunity to study, I would not have met the people I know now .