

GRATITUDE DIARY TOOL

Set yourself a target to write down three things that you are grateful for or three positive things that happened during the day, every night for 3 weeks. It may help to record this in a diary so that you can look back over your entries.

To make this exercise even more effective, for each item you are grateful for or that you considered to be a positive experience, write down an explanation of WHY this is the case.

At the end of each week write down any changes in your mood, mind-frame or behaviours that you have noticed as a result of practising gratitude.

EXAMPLE

MONDAY

I am grateful for _____ because _____

Example: I am grateful for meeting my friend for coffee today because I enjoyed catching up with her and she gave me some good advice on a challenge I was experiencing at work.

END OF WEEK 1

- ◆ How has your mood been in general this week?
- ◆ Has your mood been any different to normal?
- ◆ Have you noticed any difference in how you think about yourself this week?
- ◆ Have you noticed any difference in how you interact with others this week?
- ◆ Have you noticed any difference in your behaviours this week?