

# GRATITUDE AND JOURNALLING

## WHAT IS IT?

Journaling and/or gratitude is the daily practice of writing. What you write and for how long is entirely up to you.

We recommend a practice of gratitude and/or journaling as a powerful tool for several important health factors including developing an understanding of your own choices and behaviours based on reflection, an opportunity to bring yourself into a parasympathetic state, a wonderful way to begin or end a day by writing down your intentions or your experiences. It can be an incredible growth-centred activity.

When we take the time to write, we slow down the brain. It has to slow down because most of us don't write as fast as we think. Putting it on paper helps to round out the thought process as well as bring clarity. Sometimes while you're writing an opinion or belief you'll have the time to assess how true it is for you. Focusing on gratitude has been scientifically proven to elevate mood.

## A TEMPLATE

If you need a little help getting started, you might like to try working with one or several of these starters...

### *Morning*

**What would make today great?**

#### **To do List**

Three things I choose to do today

- 1.
- 2.
- 3.

**What's on Top? Any thoughts or feelings I have**

### *Evening*

**I am grateful for;**

1. Number one thing today
2. Nature
3. Relationship past or present, 2 things about that person
4. Past experience
5. Future experience
6. An asset or ability

**Amazing things that happened today**

- 1.
- 2.
- 3.

**Something I could do differently next time.**