

## Gratitude Journal

Keeping a journal of things we are grateful for can have a powerful effect on our mental well-being. It also has other benefits such as reducing stress, increasing happiness and improving self-esteem. Two times a week write an entry about one thing that you are grateful for.

### Tips:

- ▶ There is no rush to write down the first thing that comes to mind. Take your time and really think about what you want to say.
- ▶ Writing about individuals you are grateful for can be more powerful than writing about things.
- ▶ Explain in detail why you are grateful. Describe what it is about them and why this makes you grateful.
- ▶ Keep the journal somewhere you can see it as this will prompt you to write in it or set an alarm on your phone to remind you.

### Journaling Prompts:

The use of these are optional but they may help you get started.

- ▶ The best part of today...
- ▶ A reason to be excited for the future...
- ▶ An act of kindness I witnessed or received...
- ▶ Someone I can always rely on...
- ▶ Something I am proud of...
- ▶ What does happiness mean to me...
- ▶ Who inspires me and why...
- ▶ What are my best qualities...

## Developing Meaning

It has been proven that having a sense of meaning associated with past, present and future can help to improve your well-being. This can be discovered by creating a narrative (story) about your life.

1. Write a story about your past. Describe significant challenges you have overcome.
2. Write about who you are now. Focus on how your present self is different from your past self. Include how your strengths have evolved.
3. Write about your imagined future self. What type of person do you hope to become? How will your strengths grow? What do you hope to achieve?
4. Save your writings and reread them regularly.

