Finding the good in each day

Each day, try to write down at least one experience you're grateful for (big or small) and reflect on it. This will help your mind learn to notice the good things in life, something that can be a bit harder to do naturally when you're feeling worried or low.

If you're stretching this 'gratitude muscle' for the first time in a while, it's normal to have to spend some time hunting for the positives at first. In time, you'll find it gets easier.

What are some of the good things I can look out for?

- Small moments of joy or calm → *E.g., a smile from someone or appreciating time spent in nature*

- Personal growth → *E.g., solving a problem or learning something new*

- Connections with others → *E.g., meaningful conversations or reading over a thoughtful message from the past*

How to reflect: ask yourself some of the following questions

- Why does this bring me joy or a sense of fulfilment?

- How did I contribute to this moment or outcome?

- Who or what else contributed to this good thing?

- How can I create more moments like this in my life?

- When I focus on the moment of gratitude or positivity, how do I feel within myself?

JOURNAL ENTRY DATE:

WRITE DOWN SOMETHING POSITIVE AND/OR SOMETHING YOU'RE GRATEFUL FOR THAT HAPPENED TODAY:

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MY REFLECTION:

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