

Feeling thankful

When bad things happen, it is really easy to focus on that and forget about all the good things that happened. By thinking of the things you are grateful for each day you can train your brain to start focusing on the positive instead.

My toast was really tasty this morning.



Write three things you are grateful for each day. Even if it feels like you've had a really bad day, look hard and you will find something good.

Each gratitude needs to be different. It will not work if you say you are grateful for your lunch every day!



Monday

1. _____

2. _____

3. _____

Tuesday

1. _____

2. _____

3. _____

Thursday

1. _____

2. _____

3. _____

Wednesday

1. _____

2. _____

3. _____

Friday

1. _____

2. _____

3. _____

Saturday

1. _____

2. _____

3. _____

Sunday

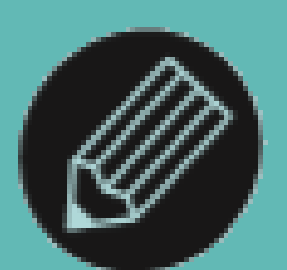
1. _____

2. _____

3. _____

I watched my favourite TV show with my family.

I spoke to a relative on the phone.



To really change your brain pattern you need to keep this up for three weeks. Why not find a small book to use as a gratitude journal or make your own template like this one?