

Wheel of Wellbeing Gratitude Diary



Overview of the activity

Keeping a gratitude diary or journal is a particularly effective way to shift your thinking to a more positive and appreciative mind-set.

It is simply a diary you keep every day, where you list things or people in your life - 'Things to be Grateful For'. These can include everyday things you take for granted e.g. - enjoying the sunshine, having a hot shower, sleeping in a comfortable bed - these are all pleasures that most of us don't appreciate anymore.



Why do this?

“We become what we think about.” - Napoleon Hill

Keeping a gratitude diary or journal is a particularly effective way to shift your thinking to a more positive and appreciative mind-set. The spiralling effect of gratitude is often surprising - the more you appreciate, the more you get!



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Wheel of Wellbeing

Gratitude Diary



Instructions

- ♥ Start by getting yourself a notebook that you'll enjoy writing in. you can even decorate it yourself.
- ♥ Every day, write down (or draw) 3 things you are grateful for in your notebook. They can be anything- feeling the sunshine on your face, happy that a friend phoned, receiving a present, being able to take a walk, anything.
- ♥ Work out a time that suits you to do this. Ideally, around the same time every day works best - try keeping your diary beside your bed and writing your list just before you go to sleep
- ♥ Try to write in detail, write why you are grateful for it. Or if you don't have time, just write one line.

Here's what might happen

The first day you'll be thinking hard about what you're grateful for. Most of us complain a lot, so finding things to be grateful for will be difficult at first. The second day, knowing you must find 3 new things to write down, you'll probably start to look for things to be grateful for.

As the days go by, you'll experience a shift in your attitude. You'll begin to expect things to happen to be grateful for. As more days pass, there will be another shift. You'll start to recognise when things happen to be grateful for.

Another shift will take place when you start to feel grateful at the time the event takes place. This is when the miracle of gratitude will really start happening for you.

This process will probably take about one month. It's been suggested that it takes 21 days to start a new habit so a little perseverance may be needed for 5 minutes each day - not too hard, is it?



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