

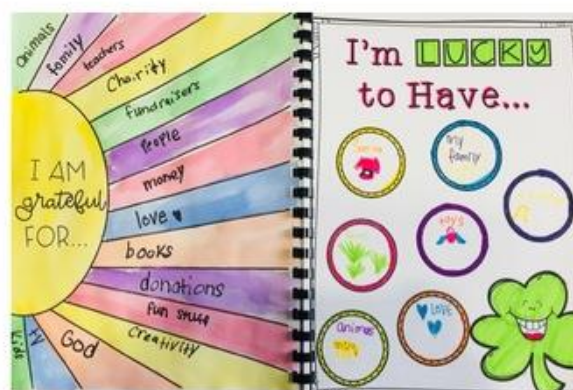
## Mindfulness – Gratitude Journal

**Appreciation** is something that we can enjoy ourselves and share with others around us. It gives us positive feelings and makes us more motivated in all that we do. It increases our feelings of joy and can help to improve our relationships. Studies have shown that it can strengthen our immune system to help to keep us healthy and can also give us better quality sleep. It can protect us from some of the bad feelings which sap our energy, like envy, regret and resentment and makes us feel better about ourselves. In addition, it supports us when life seems difficult.

### Gratitude Journal

So why don't we keep a gratitude journal?

- Find a book that you can keep handy. Just the right size and with a cover that is your favourite colour, or you could draw or cut out and stick some of your favourite things on it.
- Each morning you could think of one thing that you are grateful for and write it or draw a picture of it in your journal. It could be for a good night's sleep or for the sun that is shining. It could be for a filling, tasty breakfast or some warm clothes to wear. It could be anything that comes to mind that you feel thankful for. You could always ask your parent, brother or sister, or even a friend to write it down for you.
- During the day, try to remember to write in your journal, each time you experience something that you are glad for.
- Then when you go to bed at night, think of something during that day you remember enjoying and write it down, or draw a picture of it.
- You could also keep a journal of why you are thankful for a special person in your life, then when it is their birthday, you can give it to them for a present.



The lovely thing about this exercise is that you can look back on it and remember to enjoy the memory of these things over and over again. If you are feeling unhappy or you are having to do something that you don't want to do, then you can have a quick look through your journal to help you to feel better again.