

Making and Keeping a Gratitude Journal

Want to sleep better, stay healthier and be happier? Keep a Gratitude Journal! Psychologists have found that all these benefits and more accrue to people who write down what they're thankful for, just once or twice a week.



Supplies

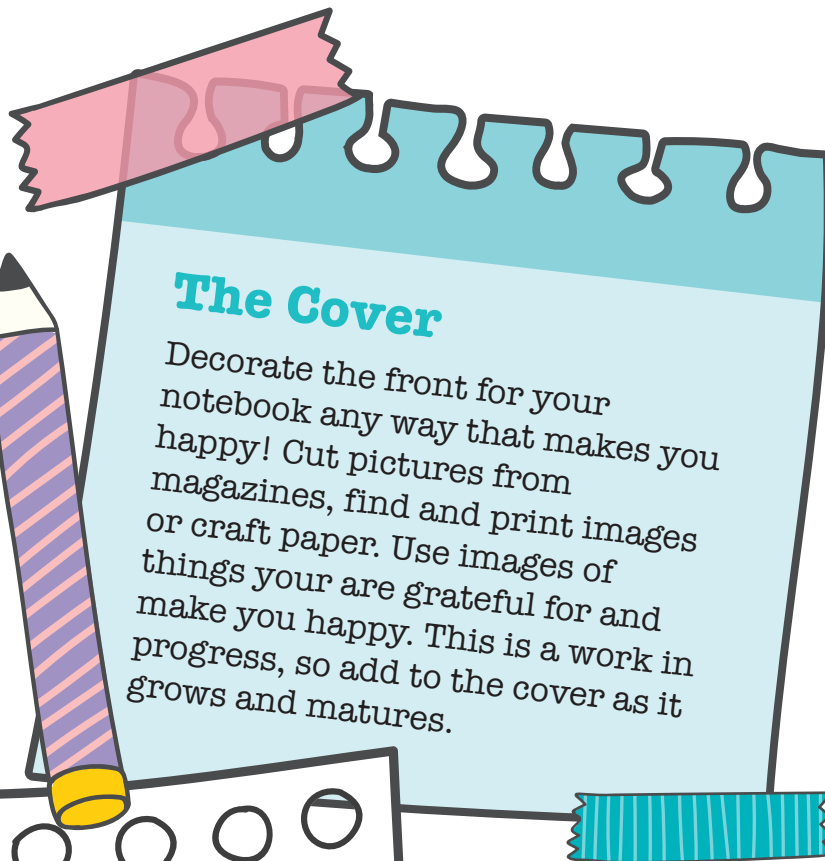
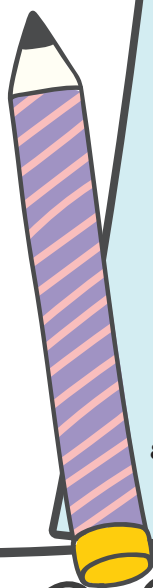
Notebook notebook

Colourful paper or other decorative materials

Printer

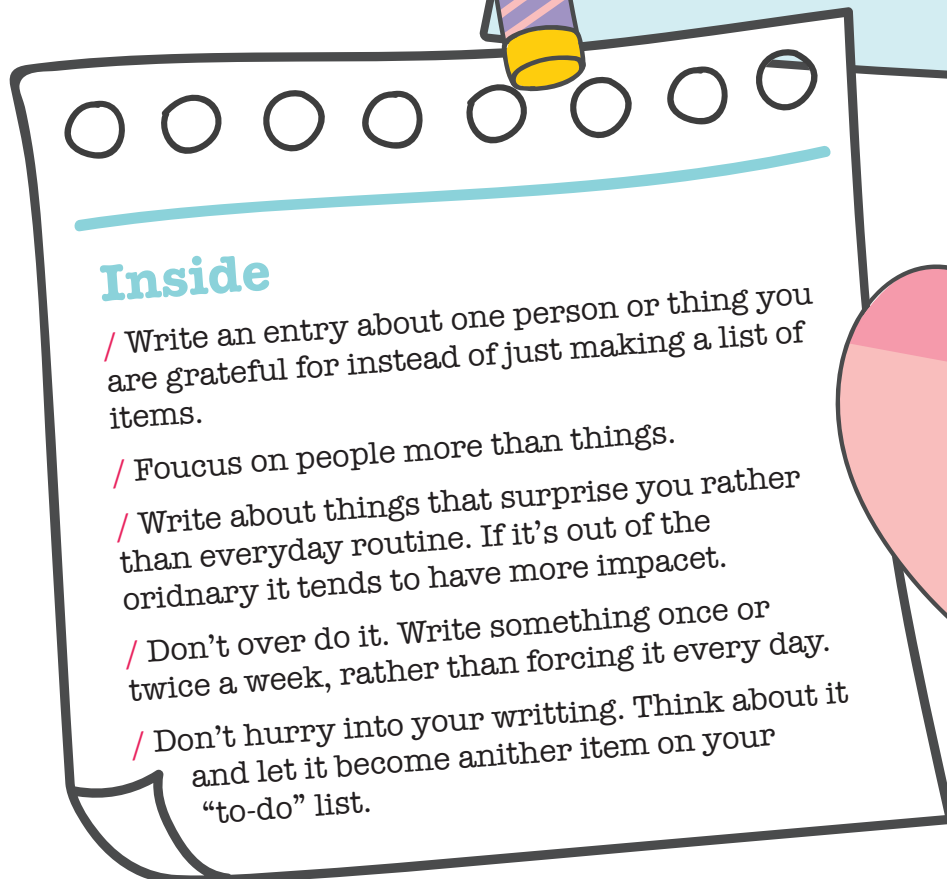
Scissors

Glue, Pens, Pencils, Markers



The Cover

Decorate the front for your notebook any way that makes you happy! Cut pictures from magazines, find and print images or craft paper. Use images of things you are grateful for and make you happy. This is a work in progress, so add to the cover as it grows and matures.



Inside

/ Write an entry about one person or thing you are grateful for instead of just making a list of items.

/ Focus on people more than things.

/ Write about things that surprise you rather than everyday routine. If it's out of the ordinary it tends to have more impact.

/ Don't over do it. Write something once or twice a week, rather than forcing it every day.

/ Don't hurry into your writing. Think about it and let it become another item on your "to-do" list.

