



# Feel good through gratitude

## Stay positive for your well-being

How often do you stop to think about the things you're thankful for every day? It doesn't take long, but the benefits are powerful. Not only can practicing gratitude lead to greater happiness, but it can improve your overall well-being. In some cases, it can:

- Help you sleep better and overcome troubling emotions that keep you awake at night.
- Lower your stress and encourage you to have a more positive outlook on life.
- Help manage your anxiety, so you focus on life's blessings instead of your worries.

If you feel thankful, let it sink in and write it down. It might do wonders for your well-being.

## Start your challenge today

Adopt an attitude of gratitude by writing in your gratitude journal for four weeks.

## How to begin

- Keep your gratitude journal handy.
- Fill out your weekly journal worksheet every day for four weeks.
- Take time after each week to reflect on everything you wrote.

# Notice the good in everything



## Focus on the positive and fulfill your challenge with help from these tips:

- ✓ Plan to write in your gratitude journal every day. Set an alarm on your phone or schedule it in your calendar.
- ✓ Keep your journal by your bed so you'll have easy access to it and remember to add your entries. Simply having it in view may give you a sense of gratitude.
- ✓ Don't rush through the process — do it with full attention.
- ✓ Be flexible on the number of things to be grateful for every day. Some days may allow more time and focus than others.
- ✓ Be specific about why you're grateful for the things you write down. This will help you understand what is truly important to you.
- ✓ Focus on people rather than things.
- ✓ Keep the negative out of your journal. Only express the positive.
- ✓ Keep it fresh with new events, people and things you're grateful for. Describe the cause of each event. Credit yourself for the part you played in it.
- ✓ Look at your gratitude journal entries when you need an emotional boost. It can help you readjust your attitude and remember the positive things and people in your life.
- ✓ Stick with it. Notice the differences in how you feel. You'll learn to focus on what truly matters in your life.



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