

Positive thinking Journaling exercise

Allow yourself time to pause and reflect on three things that you are grateful for. These can be small or big and can be related to any aspect of your life. For example, you may have started your day with a warm cup of coffee, which perked you up and made you feel ready to take on the day. Or, you may want to reflect on a deeper aspect of your life, such as a positive and loving relationship.

After you write them down, try to savour the positive feelings associated with each of them and reflect on this.

I am grateful for:

**The positive feelings
that this gives me:**

I am grateful for:

**The positive feelings
that this gives me:**

I am grateful for:

**The positive feelings
that this gives me:**

Save for later! Come back to this list whenever you need more practice. Or, copy it into your diary for continuous practice. By practising this exercise regularly, you can train your mind to **focus on the positives** and **develop a more optimistic outlook**.