

practice gratitude

MINI SELF-LOVE PROJECT

Gratitude is truly one of my favourite virtues and self-help tools. It can free you from a bad mood instantly and allows you to find the beauty in your life, no matter what your circumstances.

Suffering from chronic fatigue syndrome and my inability to get out of bed or do anything for myself for 8 months was shattering - *physically, mentally and emotionally*. I could not wash my own hair, I could not cook, even talking and going to the bathroom were difficult at times. Everything that I had grown accustomed to was stripped away from me, I lost who I was as I used to attach my self-worth to my job, my things, my achievements.... When this was all taken away from me, I went into a deep spiral of depression, thinking my life was going to be this way forever. It was at this stage that I read about the art of gratitude and thought I would give it a try.

I started keeping a gratitude journal and each evening I would write down 3 things I was grateful for that day. I started with, the sunlight on my face, my warm bed during cold nights, an amazing home cooked meal, my family, my dog, sinking my feet into green grass and many other small, simple pleasures that we take for granted in our busy lives.

I realised that despite my limited abilities, I was truly blessed to have love, support and comfort around me each and every day. Keeping a gratitude journal helped me find light in my darkest hours and showed me that there was more to life in appreciating the small blessings that we all have each and every day. I still keep a gratitude journal to this day when I am feeling stuck or down as it helps me find the beauty in my life at the time.

Practicing gratitude can create an appreciation for life that we never knew we could have. There is now even scientific proof supporting a gratitude practice showing people become more forgiving, loving, and more optimistic about the future and this in turn creates a ripple effect into the body helping prevent illness and disease.

WHY NOT GIVE IT A TRY?

OVER THE NEXT 4 WEEKS, I ENCOURAGE YOU TO WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR EACH DAY. KEEP YOUR WRITING IN A SPECIAL PLACE SUCH AS A JOURNAL OR ON A PIECE OF PAPER IN A BOX OR JAR. THIS WAY YOU CAN LOOK BACK AND REFLECT ON ALL THE BLESSINGS THAT LIFE PROVIDES, IN WHICH YOU CAN OFTEN TAKE FOR GRANTED. I GUARANTEE YOU BY DOING THIS, YOU WILL FIND MORE HAPPINESS CREEPING INTO YOUR LIFE DAY BY DAY!