

How to get started with your **GRATITUDE JOURNAL**



Three Good Things - Gratitude Practices
to Improve Happiness and Health

WELCOME!

One of the most powerful ways of increasing our capacity for happiness is to keep a gratitude journal. There has been a lot of research in this arena - and scientists at The Greater Good Science Center, Berkeley, University of California have distilled much of their wisdom and findings into a deceptively simple exercise. It is called "Three Good Things".

By reflecting on three positive things that happened in your day - and what caused them - you tune into the sources of goodness in your life. This can help to focus more fully on the positives in your life rather than the negatives, and stop taking the positives for granted.





HOW TO DO THIS EXERCISE

Each day for at least one week, write down three things that went well for you today, and provide an explanation for why they went well. It is important to create a physical record of your items by writing them down; it is not enough simply to do this exercise in your head. The items can be relatively small in importance (e.g., “my co-worker made the coffee today”) or relatively large (e.g., “I earned a big promotion”). To make this exercise part of your daily routine, some find that writing before bed is helpful.

- Text taken from The Greater Good Science Centre.

*Gratitude is like a magnet;
the more grateful you are,
the more you will receive to
be grateful for.*

- Iyanla Vanzant

TODAY'S DATE: THREE GOOD THINGS | 1

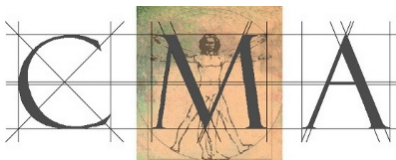


Describe the first thing that happened today for which you are grateful.

Why do you think this event came to pass?

Is there anything else that you could add to describe this experience that happened today?
Add as much detail as possible.

NOTES:



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THREE GOOD THINGS | 2



Describe the second thing that happened today for which you are grateful.

Why do you think this event came to pass?

Is there anything else that you could add to describe this experience that happened today?
Add as much detail as possible.

NOTES:



THREE GOOD THINGS | 3

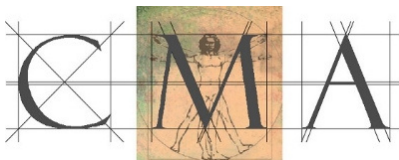


Describe the third thing that happened today for which you are grateful.

Why do you think this event came to pass?

Is there anything else that you could add to describe this experience that happened today?
Add as much detail as possible.

NOTES:





THANK YOU

We appreciate you downloading this eBook as part of our mental health initiative and hope that you find it helpful. We will be bringing you more news, resources and more at our socials below.

If you have any suggestions on what you would like to see from us, please get in touch - we look forward to hearing from you.

The Complementary Medical Association



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