

1A

GRATITUDE STEPS

Taking time out to focus on our good experiences creates positive brain activity. We become kinder and feel better. We build up resilience to deal positively with daily problems.

Use this gratitude formula to focus on a good experience.

1.

Something good happened to me lately when ..

(it can be a small or big experience, it works equally well):

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2.

I helped make this happen by..

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Example

Something good that happened to me: My brother sent me a lovely message on his birthday that he would have loved me to be there celebrating with him.

I helped make that happen by: Sending him a text congratulating him and telling him how fortunate I feel to have him as my brother

Take this one step further by reflecting more deeply on this uplifting experience

3.

This event is important to me because..

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.....
.....

Example

This is important to me because: I did not see my brother for 16 years as I lived very far away and could not get back home. Still he and his children were the first to collect me at the airport in the middle of a snowstorm the day when eventually I made it home. Whenever I go home I know he will welcome me and want me to spend time with him and the family.