

Gratitude: Training Your Brain to Find More Positivity

How to Journal Gratitude

3 or more things that you are grateful for:

Elaborate in detail about each thing. Specify the benefits and the reason why you are grateful for.

Use pen and paper.

When you write things down on paper you enhance the benefits from gratitude more than if you do it on a computer or your phone.

Do it often and at least once a week.

Gratitude has accumulative effects that change your brain chemistry. The more consistent you are the better.

If you are not sure what to write about consider the following:

1. Write about all the things and experiences that show that your needs are being met. Even if they are about the simplest things.
2. For example: breathing, food, water, sex, sleep, shelter, health, family, friends, health, community & hobbies
3. Pretend your blessings are gone. One effective way of stimulating gratitude is to reflect on what your life would be like *without* certain blessings, rather than just tallying up all those good things.
4. Savor unexpected things. Surprises develop a deeper reward as they point out of positive things happening when we don't expect them.