



Gratitude:

The definition of gratitude is a feeling of being thankful and appreciative.

If we focus our attention on what's good in our lives and consider being thankful for the things we have, we can pause to notice what we might take for granted.

Simple every day things like having shelter, food, water, friends, family and Wifi all need to be appreciated.

That pause to notice is the point at which we feel gratitude.

Gratitude helps you feel more positive emotions, can improve your health and studies have confirmed that it in fact makes you feel happier.

Technique

Create a gratitude jar, a box, a drawer or a place that is right for you to store your reminders of good things you notice whilst using this technique.

Each day write down one thing you are grateful for and place it in the jar, box, drawer or your special place and collect these little reminders that your world is good.

Fill it with thankfulness for the things in your life and when you are feeling less positive and you need to be reminded you will have the opportunity to pause as you look through your jar, box, drawer, special place of gratitude.