



## Key Advice

### How to Practise Gratitude

There are many ways you can actively engage with gratitude. Whether it's writing down three things you're grateful for each day or simply taking a moment to reflect through a hand-on-heart exercise, regular practice has been shown to improve well-being over time (Tolcher, Cauble & Downs, 2024).

Below are three journal formats you can try. Each offers a different way to explore and express what you appreciate. Choose the one that feels right for you or experiment with all three.

#### 1. Gratitude Journal

Write a short daily or weekly journal entry in which you reflect on moments that brought a sense of gratitude. Focus on specific and personal experiences. Be honest and descriptive.

Prompt questions to get started:

- What are three things you're grateful for today, no matter how small?
- What is something small that made you smile today?
- What is something you've learned recently that has improved your life?
- What is something beautiful you've noticed in your surroundings?
- What is a stressor you're grateful to have put behind you this year?

#### 2. A Letter to Someone

Write a letter to someone you feel grateful for. This could be a friend, a teacher, a family member, someone from the past, or even someone imaginary. You don't have to send the letter; it's about expressing what they mean to you.

Prompt questions to guide your letter:

- Who is someone you're thankful for, and why?
- What moment or memory with this person are you most grateful for?
- What would you like them to know about the impact they've had on you?
- What would you say to them if you had no filter?



### **3. Gratitude Jar**

Write short notes about moments of gratitude and keep them in a jar, box or notebook. You can revisit them later when you need encouragement or a more positive perspective.

Prompt ideas for your notes:

- A compliment someone gave you;
- A small act of kindness you witnessed or received;
- Something you enjoyed today, e.g. a meal, a song, a conversation;
- A personal strength that helped you this week;
- Something you're looking forward to.

By engaging in these exercises, you can cultivate a personal habit of appreciation that enhances your well-being and helps you stay positive, even in the face of challenges.