

Feel happy *every day*



Gratitude is a great stress-buster. When you focus on what you are thankful for, it becomes difficult to stay anxious or worried.

Even if what is happening at the moment is stressful, choosing to emphasize the positive can keep life in perspective.

A gratitude journal is one effective way to make thankfulness a daily habit. Intentionally making a note of what went well each day or reflecting on your many blessings is a powerful antidote to stress.



TIPS FOR STARTING A GRATITUDE JOURNAL

1. **Decide the best medium for you.** A dedicated journal to jot down a gratitude list might work well. For others, a digital list will be a better fit. It's ok to try a few methods to find what works for you.
2. **Pick a time of day to briefly reflect and add 3-5 items to your gratitude list.** Try to stick to it. You want to make gratitude a daily habit, so consistency is important.
3. **Keep it simple.** You are more likely to be successful with this new habit if you keep your goal achievable. You don't need to spend 20 minutes coming up with fifteen things you are thankful for each day. Less is often more.
4. **Pause to enjoy how you feel when you cultivate gratitude.** The more you practice, the easier it can become to hold onto that feeling and infuse your days with positivity and joy.

