



Positive Mindset Programme



3-2-1 Gratitude

Showing gratitude and focusing on why you are grateful is scientifically proven to improve your emotional wellbeing. Sometimes it feels hard to think of things to be grateful for because we are looking for big, life changing things. In fact, focusing on the small things in life and why we are grateful for them, have a much bigger impact. This week complete the 3-2-1 gratitude journal each night. You can write it down or complete it in your head. Remember 'practice' is important here, the more you do it, the more it works. Don't give up after a week try to do it a couple of times a week rather than every night, in future.

3-2-1 Gratitude

- List three things that went well today and why they went well.
- List two things that make you proud and say why.
- Say one thing you will do tomorrow to make it amazing and why.