

Each day, perhaps while you are relaxing at home or going to bed make a note of these things.

Gratitude

What do you feel like appreciating about life today? What has happened today/what have people done/what have you enjoyed? A nutritious dinner? Traffic was good? Your friends/family? A lovely sunset? Fresh air and clean water? It can be the smallest of things ...

Today (at least) three things I'm grateful for are ...

Appreciating self

Now ask yourself what you can appreciate about yourself today. It could be small things. Perhaps you can admire your eyes or hair?

What have you done today you would like to celebrate? What did you achieve or overcome that you are pleased with? It could be a small thing like getting out of bed when your alarm went off!

Be sure to not make it simply a to-do list you're ticking off - it's not only about what you've done, but who you are.

What qualities do you have? What kind of person are you being when you help out a friend or make a meal for someone? You could be noticing what a wonderful friend/son/employee you are. Perhaps you've noticed how patient you are, or how you cheer people up? Make sure you capture different things each day.

Today I'm celebrating that I ...