

THE GRATITUDE LIST

Make it a habit to list down all the things you're grateful for everyday. It can help you become more mindful of the positive things happening in your life and it will make you appreciate everything you have.

This activity can let you enjoy the world from a new positive and thankful perspective.

1. Morning Gratitude

Before you begin your day, list 10 things you're grateful for (big or small).

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

2. What I can learn from my challenges

List 3 challenging situations, people or other obstacles, and what good thing you can learn from this challenge.

- 1.
- 2.
- 3.

3. People I'm thankful for

List 5 people who made your life a little happier today. They could be friends, family, or even strangers.

1.

2.

3.

4.

5.



4. The best part of my day

Choose one moment of your day that made you happy and focus on it for 5 minutes before you go to sleep.



To learn more about how to improve your wellbeing and mental health, get in touch with our wellbeing coaches today: <http://bit.ly/MNhelp>



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