

## Thankfulness Isn't Just For Thanksgiving: How to Practice Gratitude

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When we are stressed or overwhelmed, we often forget to notice the positives around us and instead focus on the negatives; this is why practising gratitude and self-awareness is so important. When we talk about practising gratitude, [we are talking about noticing and reflecting on the things for which we are thankful for, no matter how big or small they are.](#)

It has been found that people who practice gratitude experience [better physical and psychological health, as well as better sleep](#). So, by taking 5 minutes out of your day to sit down, take out your journal, and reflect on what you are grateful for, you are ultimately helping yourself. If you don't have a physical journal, you can use the notes app on your phone, or even a sticky note! Writing things down helps us to ground ourselves and focus our minds.

Below is a list of prompts to help you on your gratitude journey. We encourage you to try it out, whether you follow them word for word, adapt them to better fit you, or make your own!

1. What's an accomplishment that you are proud of?
2. Write down one good thing that happened to you this week.
3. What opportunities are you grateful for?
4. What is something nice you did for another person this week?
5. List 3 things you could do to be a kinder person to yourself or others..
6. What made you laugh out loud this week?
7. What food are you thankful for?
8. What small thing are you grateful happened today?
9. What makes you smile?
10. What is one thing you can change tomorrow, to help yourself have a better day?

If you do not find a prompt above that speaks to you, visit [155 Gratitude Journal Prompts to Create More Thankfulness in Your Life](#) for more inspiration!

Remember, this is an individual practice - do what feels right for you. The most important thing is to take that time and make yourself a priority!