

3 X 3 X 3

""An attitude of gratitude"

This Journaling exercise is a great one to help improve well-being. Often when feeling low we can get very focused in on '*everything going wrong*' or '*everything that is wrong with the world*' and we at times have been victim to this.

When feeling like this it requires a shift in focus. We need to pay more attention to the good in our life. We need to adopt an '*attitude of gratitude*'. The following exercises aims to do this by:

Focusing on 3 people who you love, 3 people who love you, as well as listing 3 things to look forward to. Now it would be easy to say '*nobody loves me*' and '*I have nothing to look forward to*' but we know this is not true. If you do not have anything to look forward to currently, then create it.

List three people who you love. Three people who you are grateful for in your life.

You can simply list them or you can expand and say why it is you love them:



- 1.
- 2.
- 3.

List three people who love you. Three people who you are grateful for having you in their life. You can simply list them or you can expand and say why it is they are grateful for you:



- 1.
- 2.
- 3.

List three things to get excited about. You may not have anything yet but create something. This instantly shifts our mood. This can be something very simple, or you could plan an exciting trip.



- 1.
- 2.
- 3.