

# GRATITUDE 123

## WHAT'S THE POINT?

The University of Berkeley found that thinking about things we are grateful for releases serotonin into the bloodstream. They found that writing those things down gives you a shot of dopamine as well. Increasing our level of these chemicals improves our mood and could protect against some mental health issues.

## LET'S DO IT!

The research found that to feel the full effects, you need 12 weeks, but even after a few days you can feel better. Use the spaces provided to write down 3 things a day. You can either do this over 5 consecutive days or do it once or twice per week. Perhaps there is a particularly good point in your week to put time in your diary for this activity?

THE THINGS THAT ARE REALLY COOL IN MY LIFE THAT I AM GRATEFUL FOR ARE: (IN NO PARTICULAR ORDER)



1 .....

2 .....

3 .....

1 .....

2 .....

3 .....

WHAT DID I MISS YESTERDAY THAT IF I HAD PAID ATTENTION TO WOULD HAVE MADE ME FEEL GOOD?

1 .....

2 .....

3 .....

1 .....

2 .....

3 .....

1 .....

2 .....

3 .....

## REFLECT & QUESTION



In what ways did you notice that you felt better after the activity? Were there any patterns about the types of things you were grateful for? If so, how could you invest more time to experience these good things more often?

## PARTING SHOT

This takes less than a minute to do each day. Could you share this science with someone who it might help?