

- 1800 77 65 61 or 0411 622 666
- donna@donna-stone.com.au
- www.donna-stone.com.au



## How to Do a 'Gratitude Diary'

A wonderful way to stay positive and remove any negative feelings is to maintain a 'gratitude diary'. I've tested it myself and it definitely works and works well. I've shared this idea with a few people and the results are consistent across the board. When you are positive, you are happier and more productive.

Initially I recommend you do this for a month, every night, and then you can cut back if you wish; perhaps to weekly or when you feel any negativity or 'flatness' creeping back into your thoughts.

Here is how to do a gratitude diary:

1. Get a diary or notebook or exercise book.
2. Every night just before you go to sleep, write down the date or day.
3. Then write down 4 or 5 (or more) things which went well for you today. Dots points is fine.
4. Always write positively. Rather than "No one gave me a hard time today", instead write "Everyone I spoke to today was nice".
5. If you get stuck on ideas look for basic things such as a sunny day, or welcomed rain, or that you are in good health, or your kids are happy or you have a lovely home. Even when something isn't going well look for that 'silver lining', so perhaps you have a child who is disabled but they came home today excited about an art piece they created. There is the positive. Possibly you burned the chops but be thankful you have food in the fridge.

In the beginning it can be hard sometimes, but work on it – look for anything/everything – even the most basic thing and find thanks. Remember the golden rule, ONLY write positive things in the gratitude diary and write as much as you can. Being positive can really have a profound and wonderful effect on your life.

Donna Stone  
Business Consultant

Adv Dip Acct'g, Cert IV AWT, AIMM, AIPA, ILPM

