

Growing Gratitude

Taking in the good is a brain-science savvy and psychologically skillful way to improve how you feel, get things done, and treat others.

Each evening, ideally within an hour of going to sleep, bring to mind three good things that happened in the day. These can be things you did or something others did for you. They can represent circumstances that went your way or just a serendipitous thing that happened in the world, like a beautiful sunset. This practice helps you shift your outlook to a positive mindset, with a cascade of benefits for your well-being.

How to Participate

As each day comes to a close, write down three good things that happened during your day. Keep them in a notebook, or jot them down on one of these sheets. Complete a sheet as many times as you can during the month. Turn your sheets in to HR if you would like to be entered into the drawings.

At the end of the month, review your notebook or sheets and reflect on how your outlook has changed.

Date

1. -----

2. -----

3. -----

Date

1. -----

2. -----

3. -----

Date

1. -----

2. -----

3. -----

Name and Date



North Ottawa
Wellness Foundation

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