

21 DAYS OF GRATITUDE

Gratitude is hugely powerful – it can positively change your brain.

In scientific terms, it boosts chemicals in your brain that improve your mood immediately, giving you positive feelings of happiness, pleasure and wellbeing.

To help you begin to embed gratitude into your life, try the below 21-day plan, note how you feel!

DAY	PLAN	MY PLAN
Day 1	<i>General gratitude</i>	
Day 2	<i>General gratitude plus one thing you like about yourself</i>	
Day 3	<i>General gratitude plus one thing you like about someone else</i>	
Day 4	<i>General gratitude plus one thing you like about a pet or your home</i>	
Day 5	<i>General gratitude plus one thing you like about your job / occupation or voluntary work</i>	
Day 6	<i>Gratitude for a talent or skill you have</i>	
Day 7	<i>Gratitude for someone who has supported you today or in the past</i>	
Day 8	<i>Gratitude for someone who has passed away</i>	
Day 9	<i>Gratitude for a feeling you have – a good one</i>	
Day 10	<i>Gratitude for a feeling you – a bad one (because it taught you something)</i>	
Day 11	<i>Gratitude for a challenge because you learnt something or pushed yourself</i>	
Day 12	<i>General plus one thing you like about yourself</i>	
Day 13	<i>General plus one thing you like about someone else</i>	
Day 14	<i>General plus one thing you like about a pet or your home</i>	
Day 15	<i>General plus one thing you like about your job / occupation or voluntary work</i>	
Day 16	<i>Gratitude for a talent or skill you have</i>	
Day 17	<i>Gratitude for someone who has supported you today or in the past</i>	
Day 18	<i>Gratitude for someone who has passed away</i>	
Day 19	<i>Gratitude for a feeling you have – a good one</i>	
Day 20	<i>Gratitude for a feeling you – a bad one (because it taught you something)</i>	
Day 21	<i>Gratitude for a challenge because you learnt something or pushed yourself</i>	

Reflection:
How do you feel the days have been?