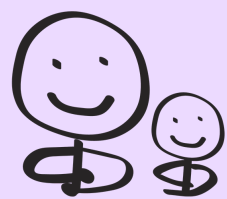




## SELF-APPRAISAL AND GRATITUDE JOURNAL

### Who can do it?



Everyone

### When can you do it?



When feeling stressed or having multiple negative thoughts.

### How to do it?



It's extremely simple:

- Write down (or type) 5 great things that you did today.
- Then write down (or type) a note appreciating 3 people for the work they did for you/ the help you received from them/ the kindness they showed you today.
- You may choose to share the note with these people - it's entirely your choice.

### How will it help and expected outcomes?



- Gratitude reduces toxic emotions. For example, it reduces aggression and enhances empathy.
- If practised regularly, it can help build resilience and self-esteem, with positivity.
- It helps counterbalance negative thought patterns by focusing on the good.

### Resources required?

- Journal/ diary/ computer/ notebook/ or just a piece of paper
- Pen/ Pencil

