

My Gratitude List

Appreciating the positive things in our lives, however big or small, can help increase our focus on positive experiences, which improves wellbeing. Like most things in recovery, gratitude is a process. It will also take time to get out of the practice of negative thoughts of how we view ourselves and what is around us. Here is where you can make a start. On the lines below, make a list of all the things you are grateful for:

It can take a daily mindful effort to focus on gratitude, but you will find over time that such practices can just become part of your life. When you are continually grateful for your recovery it will begin to bless you in ways you never would have imagined. A good way to start is to record your gratitude each day in a journal, however you can practice in any way that suits you.