

5 DAYS TO DEEP CALM

DAY 4

Hint - It's always better to print it out

Gratitude



TAMSIN BRAMLEY

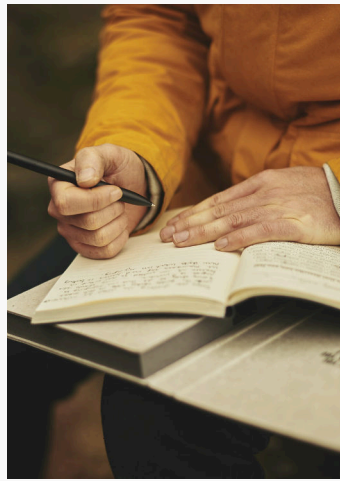


Gratitude

Gratitude is a deep feeling of appreciation and thankfulness for the blessings, kindness, and positive experiences in one's life. It involves recognizing and acknowledging the good things we have received or experienced, and feeling a sense of warmth, happiness, and contentment as a result.

Gratitude can be expressed through words, actions, or simply by cultivating a mindset of appreciation and thankfulness in our daily lives.

Tansin Bransley



Gratitude Diary

Keeping a gratitude diary can benefit our mental and emotional well-being. By regularly jotting down things we are grateful for, we train our minds to focus on the positive aspects of our lives, which can help reduce stress, anxiety, and negative thinking patterns. It can also increase our overall happiness and contentment, improve our relationships with others, and enhance our self-esteem and resilience. Additionally, reflecting on our blessings can provide a sense of perspective and remind us of the good things in our lives, even during challenging times. Overall, a gratitude diary can be a powerful tool for cultivating a more positive and grateful outlook on life.

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Gratitude



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Day 4

TASK 1

WORKSHEET

It would be great if you could go out and get yourself a special book for this. A note book that can be your gratitude diary

This practice can help you focus on the positive aspects of life and appreciate the good things, no matter how small.

But for now, write 3 or 4 things you are grateful for right now below 📝

1

2

3

Tamsin Bramley

TASK 2

WORKSHEET

How about some random acts of kindness? This is always a good way to spread kindness and positivity. Cultivate a sense of gratitude by positively impacting someone else's life.

It could be as simple as going and giving someone some encouragement in this challenge.

Ideas you have for random
acts of kindness

1

2

3

Cultivating a sense of Gratitude Tips

Remember cultivating a sense of gratitude is a wonderful practice that can bring positivity and happiness into ones life.

- 1. Focus on the feeling of gratitude as you write. It might help to think deeply about why you are grateful for each thing and how it has positively impacted your life.**

- 2. It would be amazing if you could make gratitude journaling a daily habit. So not just over this week, It can be done in the morning as a way to start the day on a positive note or in the evening as a way to reflect on the day's blessings.**

- 3. It also really helps if you take a few moments to reread your entries from time to time. Especially when feeling a little wobbly. This can help reinforce a sense of gratitude and remind you of the positive aspects of your life.**

- 4. Remember, by practicing gratitude journaling, you will be able to shift your focus towards the positive aspects of your life and cultivate a mindset of gratitude. This simple practice can have a profound impact on your overall well-being and can be continued beyond the duration of this experience.**

WHAT YOU NEED TO POST IN THE COMMENTS IN TODAY'S TASK POST– Day 4

Don't post screenshots of your worksheet - reply directly in the comments of today's task post (published at 6 am BST/1 am EST).

Post the 3 or 4 things you are
grateful for right now, sharing it
is owning it



NEED MORE INSIGHT & SUPPORT?

Please ask any questions in the Facebook group, we
are here to help, you can tag me or ask any question
in the daily Ask Me Anything thread in the group and

I'll

respond in the live video at 8 pm/3pm EST each day