



THE
HappySelf[®]
JOURNAL



7 Day Family Gratitude Challenge

Gratitude practice is one of the easiest happiness practices we can all do! Here at HappySelf we have seen just how deeply impactful this daily practice has been on our own family and that of our global community.

Studies have shown gratitude practice boosts our happiness and has a range of benefits including a stronger immune system, higher levels of positive emotions and being more helpful, generous and compassionate.

Focusing on the positives and sharing a daily family gratitude practice is one thing we can ALL do to help us get through the next few months as we deal with the unprecedented uncertainty and disruption caused by Covid-19.

Use this template daily as a family – maybe at dinnertime – and take turns sharing what you have been grateful for. Have one person act as scribe and write down one gratitude per person taking part. By the end of the week you will be able to reflect on what you have ALL been grateful for. Print and repeat to keep the habit going!

Gratitude practice gets easier the more you do it as the brain rewires to start looking for the positives. You can be grateful for big and small things: like having a safe home, connecting with a loved one, enjoying the Spring sunshine, listening to the birdsong, doing or receiving a random act of kindness, enjoying a good book, being cosy on the sofa, cuddling your pet etc.

Enjoy!

Francesca

Creator of The HappySelf Journal
happyselfjournal.com





This week we are grateful for:

Date:

Date:

Date:

Date:

Date:

Date:

Date:



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