**Kindness and Gratitude Journal**

Being **Kind** to yourself is having self-compassion; self-compassion entails being nice to yourself when encountering difficult times, rather than ignoring them and causing pain to yourself through self-criticism, self-doubt, and believing you are a failure.

Being **Grateful** is being thankful; being ready to recognise and show appreciation for the good things in our lives.

Regularly writing things down about ourselves that are kind as well as things we are grateful for can help us feel more positive and focus on the things in our lives that are good. Try doing this now, and then continue this practice for a week to see how you feel.

**Write down three kind things that you like about yourself today:**

**Now, write down three things that you are grateful for:**

**Try to do this every day for at least a week…**

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| --- | --- | --- |
|  | **KIND** | **GRATEFUL** |
| **Monday** |  |  |
| **Tuesday** |  |  |
| **Wednesday** |  |  |
| **Thursday** |  |  |
| **Friday** |  |  |
| **Saturday** |  |  |
| **Sunday** |  |  |