

# Thriving Through Gratitude Activity

Everyone faces challenges in life, but each day offers many opportunities to focus on the positives. Sometimes, it's the small things that bring us joy. By concentrating on the good in each day, we can boost our mental wellness and overall life satisfaction. Practicing gratitude helps us discover our personal strengths and strengthens our relationships.



## HOW TO GET STARTED:



### Be Specific

When you express gratitude, focus on specific moments or things that made you feel positive. The more detailed you are, the more meaningful your gratitude practice becomes.



### Look for the Positives

Even on tough days, try to find one positive takeaway. It could be a lesson learned or a small act of kindness that made the day a little brighter.



### Practice Gratitude in the Moment

Don't wait until the end of the day to feel grateful. If something makes you smile or feel good, acknowledge it in that moment—whether it's a nice conversation, a kind gesture, or simply a beautiful day.

## BENEFITS OF PRACTICING GRATITUDE:

- ✓ **Increases Positivity:** Retrains the brain toward more balanced thinking.
- ✓ **Boots Physical Health:** Boosts the immune system and promotes better sleep.
- ✓ **Builds Resilience:** Increases resilience and motivation.
- ✓ **Increases Connection:** Strengthens relationships with others.



### BUILDING CONNECTIONS

Gather with friends and share what you're grateful for over the past week. Start a gratitude group, and work together to create thank-you cards for others.

To learn more about the mental health, addiction or community support services available to you, contact **211 Manitoba** by phone at **211** or visit **mb.211.ca** for confidential service 24/7.



# 7-Day Activity Tracker

**Track Your Progress:** Use the space below to write or draw the things you're grateful for. Circle each day of the week you practiced to track your progress over time.

- 1 Find a Sheet of Paper**  
Use this worksheet or any piece of paper to jot down your reflections.
- 2 Reflect on Your Day**  
In the evening or near the end of each day, take a few minutes to reflect on the positive moments from your day. These can be big things, like receiving a gift, or small things, like enjoying warm, clean socks.
- 3 Write or Draw 3 Positive Moments**  
Write down or draw three things that brought you joy. It's helpful to start with the phrase, "I am grateful for..." Also, take a moment to think about why these moments were meaningful to you.
- 4 Review at the End of the Week**  
Keep your notes safe and review them at the end of the week. Think of ways to show gratitude or kindness to those who contributed to your positive moments over the past week.



## BOOST POSITIVITY ANYTIME

You can also review your gratitude notes anytime you need a positivity boost or are feeling down.



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Draw or write things you are grateful for here:

