

THRIVING WEEKLY COACHING GUIDE

# **Practising Gratitude for Performance and Wellbeing**

# MINDSET WITH DR GEMMA LEIGH ROBERTS MATTERS

Practising gratitude can reset your thinking and remove the focus from what's not going so well to areas of your life that are going well, which over time will boost your wellbeing.

Building a gratitude practice into your life has been linked to a stronger immune system, better sleep cycles and stronger interpersonal relationships. And the beauty of building a gratitude practice into your life is it's so simple, everyone can do it.

Taking a moment to reflect on what you're grateful for in your life helps you to refocus on what you have, instead of what you lack. The challenges we face in life can't always be removed and we don't always have control over them. You do, however, have the power to choose how you view the world.

This isn't about replacing negative thoughts and emotions with positivity. You can however focus on what is going well in your life *as well* as what isn't so desirable, providing a more balanced view of your life.

Practising gratitude is an easy habit to create because it's such a simple process. Here's how you can build gratitude into your life.

Take a few moments every morning or evening to journal, noting at least three things you feel grateful for. These could be small things such as catching up with a friend, a walk in the sunshine, a good coffee, or a bedtime story with a child. Or they could be large things, such as getting the go-ahead on a project, receiving some good health news, reaching a big goal you set for yourself.

Practising gratitude can reset your thinking and remove the focus from what's not going so well to areas of your life that are going well, which over time will boost your wellbeing.

# MINDSET

WITH DR GEMMA LEIGH ROBERTS

# MATTERS

Things I'm grateful for today:	
Monday	1. 2. 3.
Tuesday	1. 2. 3.
Wednesday	1. 2. 3.
Thursday	1. 2. 3.
Friday	1. 2. 3.
Saturday	1. 2. 3.
Sunday	1. 2. 3.