



## Living with Uncertainty: Daily Gratitude

# daily gratitude

At times in our lives we can feel like we are living with a sense of uncertainty. This sense of uncertainty can cause us to feel a loss of control; it can cause us to doubt ourselves and our abilities and it can cause a general feeling of anxiety. It can be hard to focus during these times, to trust ourselves, our choices and decisions, and can cause us to put a lot of undue pressure on ourselves. We can often let these feelings take over and our focus becomes on what we can't control instead of what we can, our own thoughts, feeling and emotions.

Practicing daily gratitude can help remind us of all the things that we have to be grateful for in our lives no matter how big or small they may be. Get a journal, note book, pen and paper, and challenge yourself to complete this exercise each day, for at least the next seven days.

**“Never forget that every day may not be a good day but there is something good in every day”**

### Daily Gratitude Practice

#### Identify three things that you:

**Feel grateful for and appreciate about your life**-These can be based on your past, present or future. No subject or object is too great or too small.

**Take for granted but are actually very thankful for**-we all have things that we may take for granted, it is important to take some time to reflect and acknowledge which of these things we value in life.

**Appreciate about yourself**-These can involve your personality, qualities, actions, beliefs behaviours and anything else directly related to yourself. Choose things that are meaningful to you as a person.

**Feel grateful for in the present moment**- the here and now. Utilise your senses, what can you see, hear, smell, touch and taste. Note anything that relates to the present moment.



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