

# JOURNALING

*Creativity applied to loneliness (Activity 8/12)*

## DESCRIPTION

Writing down a few things you are grateful for is one of the easiest and most popular exercises available. Keeping track of your actions is a nice way to connect with inner self and develop a sense of belonging.

## OBJECTIVES

1. Think back on the previous day, few days, or week and recall three to five things for which you are very grateful
2. Be able to concentrate on all the positive events that occurred to you during a specific period of time.

## RESOURCES AND MATERIALS

1. A journal
2. Writing utensils.

\*Alternatively the journal can be held on a digital device like a laptop or a table.

## IMPLEMENTATION - INSTRUCTION

1. Plan to write in your journal every night for 15 minutes before bed. Set an alarm reminder on your phone or schedule it in your calendar
2. Keep your gratitude journal by your nightstand so you will see it before going to sleep and remember to jot down what you are thankful for. Your journal may even become a symbol of gratitude so that when you just look at it, you will feel a sense of appreciation.

3. Write as many things as you want in your gratitude journal. Writing down 5-10 things that you are grateful for each day is a good number to aim for.
4. Your gratitude journal doesn't have to be deep. What you are thankful for can be as simple as "family" or "the new book or movie I recently enjoyed" or "this morning's breakfast."
5. The timing of when you want to write is up to you. While I try to write in my gratitude journal every night, sometimes it becomes every other night. That's okay. Journal when it feels right for you

## POSSIBLE MODIFICATIONS

To go a step further, insert several specific categories in the journal like "emotions/feelings", "daily activities" etc. and keep track of specific areas.

## EXPECTED RESULTS

- Reduce stress, anxiety and loneliness
- Boosts mood and keep memory sharp
- Strengthens emotional functions