

BRAIN TRAIN

Increase your positive memory store with gratitude.

Repeating this appreciation work will increase your creativity and raise your well-being. **Fill in these boxes:**

1.

Something good that happened to me lately (it can be a small or big experience, it works equally well)

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2.

I helped make this happen by:

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Example:

Something good that happened to me:

My brother in Denmark sent me a lovely message on his birthday that he would have loved me to be there celebrating with him.

I helped make that happen by:

sending him a text congratulating him and telling him how fortunate I feel to have him as my brother.

Take this one step by reflecting more deeply on this positive experience.

3. Why this event is important to me:

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Example:

This is important to me because...

I did not see my brother for 16 years as I lived very far away and could not get back home. Still he and his children were the first to collect me at the airport in the middle of a snowstorm the day when I did eventually get to go home. Also, whenever I go home I know he will welcome me and want me to spend time with him and the family.