## YOUR LIGHT AND DARK GRATITUDE JOURNAL



Writing down the light and dark of your day whether it's work, home or personal can help you make sense of a situation and give it perspective. It's important to also take a moment to say thanks, to recognise what you are grateful for.

DARK: What has annoyed, frustrated or angered you write it down to make sense of it and let it go.	LIGHT: What are you grateful for today write it down to truly acknowledge it.

Once you have written on both your dark and light sides, pay attention to how you are now feeling and what you are now thinking: is it better, clearer, less stressful? Notice the ideas or solutions that have now emerged from your writing (or popped into your head while you were writing). Be sure to capture those ideas so you can act on them.