

An Alternate Approach To Gratitude Journaling

It's only human to think of the worst-case scenario. What if you didn't fight that instinct?

Instead of pressuring yourself to complete a butterflies-and-rainbows gratitude journal, make use of your catastrophic thinking. As [The School Of Life](#) suggests*: "Start each day with a short but thorough meditation on the many humiliations and insults you might be subjected to in the coming hours. At the end of the day, be grateful when none of those worst case scenarios actually took place."

We recommend completing this worksheet daily for three weeks in a row. That's the time it takes for your brain to start forming a new habit. However, even completing this exercise just once or twice can shift your perspective and produce a new sense of gratitude.

Either before you go to bed or when you wake up, imagine the worst things that could happen throughout the upcoming day. Then, at the end of the day, record what actually happened. Examples are provided in grey.

It helps to describe **how** things turned out better than expected. But a simple "actually happened/didn't happen" is better than nothing

Area of Life	Morning (or night before): worst case scenario	Evening: what actually happened
Other people	My best friend could say they never want to speak to me again.	They sent me a "good afternoon" meme.
Technology	My phone could fall into the toilet.	My phone is alive and well.
Responsibilities	I could forget an important meeting and derail my whole career.	I didn't have any meetings today.
Self care	I could be kept awake all night by my neighbors' noise.	I got a full night's sleep.
Health	I could get a toothache and need an emergency root canal.	I got a mild headache. Could've been worse.
Miscellaneous		

*This worksheet is based on concepts in *The Emotionally Intelligent Office* from The School Of Life.