



*"I'm utterly convinced the key to lifelong success is the regular exercise of a **single emotional muscle**: GRATITUDE."*

Geoffrey Jones, Founder of Anytime Fitness

DAILY REGRETS & GRATITUDES

Take a few minutes a day to list any regrets you have from that day and **allow for self-forgiveness by listing the lessons learned**, if possible, and ways you could prevent from happening again. Accept the mistake, realize you are human, learn, and offer yourself forgiveness. **Also list at least one aspect you're grateful for.**

SCIENTIFICALLY PROVEN BENEFITS OF GRATITUDE

Improves relationships Gratitude deepens trust and connection within your relationships and builds new friendships. According to a 2014 study, thanking people increases changes on ongoing relationships. Journaling gratitude provides the opportunity to improve your relationship with yourself.

Improves physical health. Experience fewer aches and pains and report feeling healthier than other people. According to a 2012 study, gratitude journaling inspires more self-care. Those that practice gratitude exercise more often and are more likely to attend regular check-ups, which contributes to further longevity.

Improves psychological health. According to Robert Emmons, a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression, enhances empathy and reduces aggression, prosocial behavior, more kindness, and a decreased desire to react and seek revenge.

Improves sleep patterns. Writing in a gratitude journal improves sleep, according to a 2011 study published in *Applied Psychology: Health and Well-Being*. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.

Improves self-esteem. Studies show that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs—a major factor in reduced self-esteem—grateful people are able to appreciate other people's accomplishments.

Increases mental strength. Reduces stress and plays a major role in overcoming trauma. A 2006 study published in *Behavior Research and Therapy* found that Vietnam War veterans with higher levels of gratitude experienced lower rates of post-traumatic stress disorder.

LIST DAILY REGRETS AND ASPECTS OF GRATITUDE

Journal what you're grateful for and regrets of the day. We all have failures and regrets. These regrets can pile up, causing more and more guilt and shame. Taking time to list your daily regrets helps clean this shame, to keep your mind and subconscious clean, while allowing yourself the opportunity to LEARN from failures daily. Another option, instead of this worksheet is to **use the WHAT'S GOOD App available at: www.CreatingYourBalance.com/Resources**

SUNDAY

Regret(s)

Lessons

Grateful for

MONDAY

Regret(s)

Lessons

Grateful for

TUESDAY

Regret(s)

Lessons

Grateful for

WEDNESDAY

Regret(s)

Lessons

Grateful for

THURSDAY

Regret(s)

Lessons

Grateful for

FRIDAY

Regret(s)

Lessons

Grateful for

SATURDAY

Regret(s)

Lessons

Grateful for