

GRATITUDE AND POSITIVE FOCUS

Noticing what supports us without denying difficulty

AT A GLANCE



Gratitude is the intentional noticing of what is valued, supportive or meaningful. It is not forced positivity and does not erase hardship.

KEY IDEAS

NOTICE

Small moments of comfort, kindness, beauty or progress.

SAVOUR

Pause long enough for a positive experience to be felt.

APPRECIATE

Recognise people, resources and qualities that matter.

BALANCE

Make room for both gratitude and genuine difficulty.

WHY IT MATTERS



A balanced attention practice can widen perspective, strengthen connection and help positive experiences register more fully.

PUTTING THE IDEA INTO PRACTICE

1

THREE THINGS

Record three specific things you appreciated today.

2

THANK SOMEONE

Express sincere and proportionate appreciation.

3

CAPTURE GOOD

Keep a note or image of a meaningful moment.

4

REFRAME GENTLY

Ask what can be learned without minimising pain.

REFLECTION PROMPTS

1

What supported me today?

2

What did I appreciate about myself?

3

What small moment would I like to remember?

Use this resource as a starting point for reflection, not as a test or diagnosis.

Different experiences, cultures and circumstances may require different understandings.