

A Daily Journal of Gratitude

An exercise to cultivate a positive mindset.




In module 11, we discussed how a toxic work environment can breed negativity and stress. In this worksheet, you will engage in the practice of gratitude to stay positive amidst negativities. At work, this will help you get through difficult days without giving into mental illness.

This worksheet is a part of Module 11 of the Work Stress Programme.

 15 minutes

 Print pages 4 to 5 of this worksheet

 Have a question? Send a mail to help@mindn.ai

 The information on this worksheet is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

Gratitude is the attitude of appreciating and acknowledging the existence of something that has been good for you or the contribution of others. In the workplace, it is thanking your colleagues for their efforts, appreciating the resources provided to you and acknowledging all the opportunities that come your way. According to research, practising gratitude increases happiness, reduces stress and improves overall well-being. It also creates a more positive and encouraging working environment.

In a toxic workplace, gratitude can be particularly important to help you focus on the positive aspects of your job, rather than dwell everything that is not going well for you. Expressing gratitude can help you feel more connected with others, improving interpersonal relationships and team cohesion.

How will this worksheet help me?

- To counteract the negative effects of being in a toxic workplace or stressful situation.
- To alleviate stress and feelings of demotivation due to negativity.

INSTRUCTIONS



We have provided you a journal page to enter your thoughts. Think of a bad day you've been having at work or an incident that made you feel upset or sad.



Write down an account of the day, keeping aside any negative thoughts you may be feeling and instead only focusing on all the good things that happened to you. Make a note of the people who supported you during this difficult experience and how you would like to express your gratitude towards them.



Refer to the filled example to understand how you must fill the worksheet. The blank spaces provided after the filled example are for you to fill up.

 **SAMPLE WORKSHEET**

Date of Entry: 11/02/2023

Today I am grateful for...

A colleague who comforted me after the incident. I am thankful for how she spent the rest of the day with me to make sure I was feeling better. I am also grateful for the skills and experience that I have gained through this incident. I have learned how to stay calm and composed in situations where I face unfair criticism. I am grateful for the moments of kindness that remind me that not everyone is bad.

TO BE FILLED

Today I am grateful for...

NOTE

In order to attain maximum benefit from this worksheet, you must practise it at least once in a day. Gratitude can ease many of the mental health problems you may be facing; but with consistent practise, you will be able to work with a positive attitude regardless of circumstances.



Everyday application!

If you are unable to find anything to be grateful for in a toxic work environment, you can start off here, by reminding yourself of things you can be grateful for, like...

- 1. Good Health:** Having a healthy mind and body is the most important requirement for a good life.
- 2. Education & Knowledge:** Our ability to learn and organise information makes us unstoppable when it comes to succeeding in life.
- 3. Opportunities to Learn & Grow:** As we overcome challenges and learn from our mistakes, we become stronger and more resilient.
- 4. Resources:** From support systems to modern technology, we are never alone when it comes to tackling the challenges that come our way.



RELATED WORKSHEETS

01

Confront
Fearlessly

Work Stress, Module 11

02

Thought
Check

Work Stress, Module 11

03

Record Of
Evidence

Work Stress, Module 11



RELATED INFOSHEETS

01

Practice
Confrontation

Work Stress, Module 11

02

Workplace Bullying
& Harrassment

Work Stress, Module 11