**GRATITUDE EXPERIMENT CHECK LIST AND RESULTS SHEET**

Name:

Start date: End date:

**AIM** : To prove that by generating more positive thoughts, we generate more positive feelings and feel happier and more positive.

**METHOD**: Ensure prep work is complete. You have made your own Gratitude Rock. You have completed the 2 tasks on Gratitude. (1 – What is gratitude, 2- What are you grateful for?) You have memorised the image and you remember the feelings you feel when you think about being grateful.

PRACTICE this for 6 minutes a day.

Spend 2-3 minutes each morning and 2-3 minutes each evening/before bedtime, thinking about what you are grateful for. Notice your feelings at the time.

**RESULTS**: Record your results. Write down a few words each day to describe how you feel that day or use colours to describe whether you feel positive or negative. Keep this up each day of the week for 4 weeks. At the end of each week, complete 3 questions of a survey. At the end of 4 weeks we analyse the results and come to a CONCLUSION