

Exercise: Gratitude Journaling

Gratitude helps reframe your mindset, shifting focus from what's missing or imperfect to appreciating what's already good in your life. Using a journal, a notebook, or even a notes app on your phone, write down three things you're grateful for each day. These can be small, everyday moments or major aspects of your life. The goal is to focus on self-appreciation and reinforce a positive self-image, to counteract the effects of digital comparison.

Areas of gratitude:

1. Personal achievements:
 - "I'm grateful for completing what I set out to do today."
 - "I'm proud of making progress in my fitness routine."
2. Relationships:
 - "I'm thankful for my partner's support during a tough day."
 - "I appreciated the text from a friend checking in on me."
3. Nature and environment:
 - "I'm grateful for the sunny weather today."
 - "I enjoyed the peaceful walk in the park."
4. Moments of joy or comfort:
 - "I'm thankful for the delicious coffee I had this morning."
 - "I loved laughing at that funny meme I saw online."
5. Digital positives:
 - "I'm grateful for the inspiring post I saw that motivated me."
 - "I appreciated learning something new from a podcast today."
6. Health and well-being:
 - "I'm thankful for feeling healthy and energized."
 - "I'm proud of making time for self-care."
7. Opportunities and growth:
 - "I'm grateful for the opportunity to start a new project at work."
 - "I appreciated learning a new skill from an online course."

Reflect on these daily entries and notice patterns of positivity in your life. Over time, this practice reinforces self-esteem in both digital and real-world spaces.