At first, keeping a daily journal was a bit of a tedious task. However, the more entries I recorded in my journal, the easier it was for me to continue. I started to look forward to the cathartic releases of energy that my daily journal entries afforded me, and I was able to rid myself of stress and emotions that had been building up for the entire day. The journal entries were always the last thing I did before going to bed, and I always made sure to state at least one thing that I was grateful for. Within a week and a half, this attribute of noticing things and people I was grateful for became a habit. I started to observe subtler things in my daily life and I would notice the smaller things and favors people would do for one another and me. I started to appreciate everything around me more; it became easier for me to see the good in every situation because I would just think about one thing that I was grateful for instead of focusing on the negative aspects of life.

Similarly, I also started to practice the act of forgiving people routinely in my daily life. I am not talking about the big transgressions or the huge mistakes that people made. However, for the small things that people sometimes did inadvertently and for little quirks that used to previously bother me, I started to let them go and try to stay positive about everything. It just became easier instantly to move past the smaller things and be a friendlier and happier person.

Using these two methods for decreasing stress, I have been able to look past the smaller things and focus on the bigger picture in life.