

Ann Voskamp: This Is What Happens to Your Brain When You Give Thanks

Grab your notebook and start today. Write three things you're grateful for right now. After a few days, it will look like this:

Day 1: Family, health, home

Day 2: Job, friends, jokes

Day 3: Food, clothing, car

And so on.

"Writing down three gifts a day, because the research indicated that recording those blessings was cognitively training, reorganizing your brain to focus on goodness," best-selling author Ann Voskamp says.

Noting gratitude increases an individual's positive focus by 25 percent.

"What community, what family, what city doesn't need to increase their positive focus by 25 percent for free?" Voskamp asks.

Voskamp goes on, saying those who actively practice gratitude have higher levels of optimism, alertness and focus.

Watch the video to see more.