

Gratitude Journal

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Looking forward to:

Gratitude Prompts

- A person who inspires you
 - A smell that brings you joy
 - An experience that made you happy
 - A personal accomplishment
 - A skill you possess that you are proud of
 - Something good about your job or work environment
 - Something kind someone did for you
 - Something warm and cozy
 - A song or podcast that made you happy
 - Your favorite childhood memory
 - Bonus: Write a gratitude letter to someone you appreciate!
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Practicing Gratitude

- Journal with one of the prompts above, or just write a few things you are grateful for in the moment
 - Practice mindfulness through meditation
 - Look for the good in every situation (especially the tough ones)
 - Appreciate the small things
 - Express gratitude by writing a letter, sending a message or giving a loved one a call
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Gratitude Affirmations

- I am appreciative for all of the wonderful things this day brings forth.
- I am grateful for who I am.
- I am thankful for everything that I have.
- I am grateful for the opportunities this new day brings me.
- I invite gratitude into my heart.
- I am grateful to simply experience life.