



Gratitude Journal

Keeping a journal of the things you're grateful for has shown to have a powerful effect on mental wellbeing. Among other benefits, journaling about gratitude reduces stress, increases happiness, and improves self-esteem. Journaling changes your focus and you tend to go through the day looking for moments you are grateful for.

Instructions: At the end of each day, write a detailed entry about one thing you are grateful for. This could be a person, a job, a great meal with friends, or anything else that comes to mind. It is important to write about the WHY also.

Journaling Tips:

- Don't rush to write down the first thing that comes to your mind. Take the time to truly think about what you're grateful for. Expect each entry to take between 10-20 minutes.
- Explain, *in detail*, why you're grateful.
- Aim for one solid entry each day.

Today I am grateful for...	Date:
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