



Exercise:

Gratitude Journal

A gratitude journal is a tool to keep track of the good things in life. No matter how difficult and defeating life can sometimes feel, there is always something to feel grateful for.

Before you start your day

I am grateful for...

- 1.
- 2.
- 3.

What would make today great?

- 1.
- 2.
- 3.

Daily Affirmation

At the end of your day

Highlights of the Day

- 1.
- 2.
- 3.

What did I learn today?