



Gratitude Journal

Keeping a journal of positive experiences has been found to improve mood and have other positive effects. Write at least three entries every day. Your entries don't have to be earth shattering—they can be as simple as a good lunch or a sunset you noticed during rush hour traffic.

Monday
1
2
3
4
5
Tuesday
1
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4
5

Wednesday

1

2

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4

5

Thursday

1

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5

“Falling down is a part of life, getting back up is living.” Anonymous



Friday

1

2

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4

5

Saturday

1

2

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5

“Do you have the patience to wait until your mud settles, and the water is clear? Can you remain unmoving until the right action arises by itself?” Lao Tzu Tao Te Ching



Sunday

1

2

3

4

5

Highlights of the Week

1

2

3

4

5

“When we have the courage to walk into our story and own it, we get to write the ending.” Brene Brown

