# Gratitude Journal

Start a gratitude journal where you write down three people, experiences, or things you are grateful for, at the start of each day. This practice encourages you to focus on the positive aspects of your life.

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| I am grateful for: |  |  |  |  |  |
| I am grateful for: |  |  |  |  |  |
| I am grateful for: |  |  |  |  |  |

Regularly write down or verbally express gratitude for things you are thankful for.