

## Exercise: The Gratitude Journal

Write down your positive experiences in a gratitude journal. These experiences may range from trivial to significant, even life changing. Next, write down the individuals or circumstances that made this positive outcome possible.

Day	The good experiences or positive outcome	The circumstances or people that caused this to happen
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



# I AM GRATEFUL



## THINGS THAT MAKE ME FEEL LOVED

1. ....
2. ....
3. ....

## THINGS I FEEL GRATEFUL FOR

1. ....
2. ....
3. ....

WHAT WAS THE BEST THING THAT  
HAPPENED TO ME TODAY?

