

Gratitude Journal

Gratitude is often something that we do not give much consideration to. A journal will help in focusing on positive aspects of our life and get us pointed in a healthy direction. It is important that you make a conscious effort in reflecting on **why** you are grateful. Go into detail as that allows you the ability to absorb the significance of what you are writing. You can also reflect what your life would be like without someone/something.

Things/people I am grateful for.

1.

2.

3.

4.

5.
