

Gratitude Journal

A gratitude journal is a powerful tool that offers a number of benefits to a person and their mental health. By practicing gratitude daily, it can increase positive emotions, increase resilience, strengthen relationships, shift in perspective, and many other great advantages!

Daily Prompts

Write down three things you are grateful for:

List three people in your life who you are grateful for:

*Write down three accomplishments you have had,
no matter how small:*

*List three things you might take for granted in
your daily life, but are thankful for:*

*Acknowledge three small pleasures in your daily
life that bring you joy:*
