



Photo Journal Gratitude & Joy

Use your PHONE to document your day!

- 1) Through out your day take pictures of things that you are grateful for or that bring you joy.
- 2) At the end of the day review your pictures to remind yourself of all the things that you were grateful for and brought you joy.
- 3) BONUS: Make albums or collages of your days pictures to make collections through weeks , months or even years.

HAVE FUN.