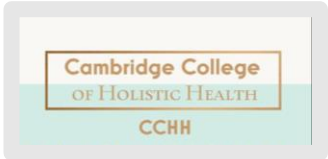


Gratitude Journal



WORKSHEET

Research has found that completing a Gratitude Journal over 21 days can significantly improve your Mood, Emotions & Sense of well Being.

Write 3 things that you are grateful for at the end of each day, for 1 month.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1						
2						
3						
1						
2						
3						
1						
2						
3						
1						
2						
3						

What have you noticed in both your Emotional & Physical health over the last month? Try to keep this up and you could really reap the benefits!

