

GRATITUDE

What made me smile today?

Who am I grateful to have in my life?

What challenge have I overcome?

What have I achieved that I am proud of?

How can I show gratitude to others?

Expressing your gratitude helps to increase feelings of happiness and wellbeing.

When you're stressed, anxious or feeling down, re-read these thoughts to calm yourself.

Express your gratitude consistently.

JOURNAL PROMPTS

GRATEFUL

FOR WHERE I'M AT

EXCITED

FOR WHERE I'M GOING

GRATITUDE

TURNS WHAT WE HAVE INTO

ENOUGH

