

GRATITUDE

Writing down what you're grateful for each day is a great exercise to help improve your mood and well-being.

Today I am grateful for...

MONDAY

1

2

3

TUESDAY

1

2

3

WEDNESDAY

1

2

3

THURSDAY

1

2

3

FRIDAY

1

2

3

SATURDAY

1

2

3

SUNDAY

1

2

3

NOTES