

Gratitude Journal

Keeping a journal of positive experiences has been found to improve mood and have other positive effects. Write at least three entries every day. Your entries don't have to be earthshattering—they can be as simple as a good lunch or a sunset you noticed during rush hour traffic.

MONDAY
1.
2.
3.
4.
5.

TUESDAY
1.
2.
3.
4.
5.

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WEDNESDAY
1.
2.
3.
4.
5.

THURSDAY
1.
2.
3.
4.
5.

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FRIDAY
1.
2.
3.
4.
5.

SATURDAY
1.
2.
3.
4.
5.

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SUNDAY
1.
2.
3.
4.
5.

HIGHLIGHTS OF THE WEEK
1.
2.
3.
4.
5.