

My Gratitude Journal



Keeping a daily gratitude journal is a positive psychology tool that has been proven to improve feelings of happiness, wellbeing and life satisfaction. So for the next seven days, put five minutes aside and reflect on the following:

- What's good in my life...
- What's gone well today...
- What I am grateful for...

Monday

Friday

Tuesday

Saturday

Wednesday

Sunday

Thursday

Top tips for keeping it up:

- Write in your journal at a set time each day
- Keep your journal by the bed as a reminder
- Keep it simple - your entry could just be 3 words