

GRATITUDE JOURNAL

There are many things that we can be grateful for. Some of these things can be big, but some can also be very small. Before you begin your day, list 10 things you are grateful for.

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After journaling, choose one person who you feel grateful toward, and express your gratitude to them. For example, you can write them a gratitude message on a note, through social media, or in an e-mail, expressing your appreciation for something specific they did. After expressing your gratitude, reflect on their reaction to your message and how that made you feel.

Source: Emmons and McCullough (2003)