

# THE GOOD THINGS GRATITUDE JOURNAL



# Reflect

**Practice Gratitude.** There are many things in our lives for which we are truly grateful. Gratitude enables us to savor the unrecognized good that surrounds us, no matter what the circumstances.

The **Good Things Gratitude Journal** is a tool to keep track of the good things in life. Each page offers space to:

- write down three things for which we are grateful
- appreciate moments in the day
- reflect on valuable lessons we learned

Instead of feeling drained, overwhelmed or stressed by circumstances, a gratitude journal helps to lower stress, adjust perspective and encourage feelings of calm.

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