

Gratitude Journal

We all have times when we feel down or unhappy about things or a situation. However, if you think carefully and look at the good things that have happened each day, it can help to increase your mood and overall well-being.



Try completing this journal for a week, look for the positives. You can write a sentence or draw a picture.

Day 1 - One good thing that happened to me today	
Day 2 - Something funny that happened today	
Day 3 - Today I was proud of myself because	
Day 4 - Today I smiled when	
Day 5 - Someone or something I was thankful for today	
Day 6 - Something about today that I will always want to remember	
Day 7 - Something I did well today	