

# Keeping a gratitude journal

It is important to pay attention to the things that we enjoy and appreciate in our lives.

Try to take a minute each day to focus on something that you appreciated. Try to describe the experience and why it felt special. It could be something big or small, something someone said to you or something that you were thinking about. Think about what it means for you and how it made you feel inside.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**