

Gratitude Journal

EXPLORING WHAT MAKES YOU HAPPY.

Date: _____

Begin by finding a quiet space. Close your eyes and let your mind go to the things that make you happy today. Sit with those things for a few minutes or however long you feel comfortable.

Next, write 1-3 of those things down below:

1. _____

2. _____

3. _____

The last step is to write about 1, 2, or all of those things that you are grateful for today. Why does it make it you feel gratitude? Write about how these things that you are grateful for can help you achieve your goals today and the long term goals that you have set for yourself. Will the things you have gratitude for inspire you to keeping working hard? Or are these things actually able to help you achieve your goals? Writing this down will bring to light what you already have achieved, it will help organize your thoughts, and you will begin to realize that your future goals are more attainable than you think.

Continue on back if needed