

Gratitude

Ways to incorporate gratitude into your daily life

Starting a gratitude journal

Steps:

1. Find a book/ diary/ journal that makes you happy
2. Decide whether you are going to write in your journal in the morning or at night.
3. Take the time of day to write in it. Set an alarm or write it down somewhere so you don't forget to do it .

Daily questions

Everyday write down:

- date
- 2 things you are grateful for
- 1 way to improve today/tommorow (depending on whether you do it morning or night)
- 1 good thing that happened today.

Take care!!