

## Gratitude Journal

Date: \_\_\_\_\_

If you're feeling low, anxious or worried, grab a pen and fill in your gratitude journal. Practise every day, or whenever you need it.

Three things I am grateful for today:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Two people in my life I am grateful for & why:

1. \_\_\_\_\_ 2. \_\_\_\_\_

One challenge in my life that I am grateful for & why:

1. \_\_\_\_\_

Three strengths I have:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Two items or things that bring me comfort:

1. \_\_\_\_\_ 2. \_\_\_\_\_

One song or quote that lifts and lights me up:

1. \_\_\_\_\_

Something I am looking forward to:

\_\_\_\_\_

Something I wish I could tell my younger self:

\_\_\_\_\_

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