

MY 7 DAY GRATITUDE JOURNAL

KEEPING A DAILY GRATITUDE JOURNAL IS A POSITIVE PSYCHOLOGY TOOL THAT HAS BEEN PROVEN TO IMPROVE FEELINGS OF HAPPINESS, WELLBEING AND LIFE SATISFACTION. SO FOR THE NEXT 7 DAYS, PUT 5 MINS ASIDE AND REFLECT ON THE FOLLOWING:

- WHAT'S GOOD IN MY LIFE...
- WHAT HAS GONE WELL TODAY...
- WHAT AM I GRATEFUL FOR...

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MY TOP TIPS FOR KEEPING IT UP:

- WRITE IN YOUR DIARY AT A SET TIME EACH DAY
- KEEP YOUR JOURNAL BY THE BED AS A REMINDER
- KEEP IT SIMPLE. YOUR ENTRY COULD JUST BE 3 WORDS