

IDEAS TO EXPRESS GRATITUDE

INSTRUCTIONS

Use the 30 day gratitude journal to capture and record things for which you are grateful.

You can also create a messaging group to share your gratitude with your family and friends.

SOME IDEAS TO CONSIDER

1. What/who made you smile today?
2. What was the best thing that happened today?
3. Who makes you feel loved?
4. Name something you are grateful to have.
5. Name something that makes you happy.

