## IDEAS TO EXPRESS GRATITUDE

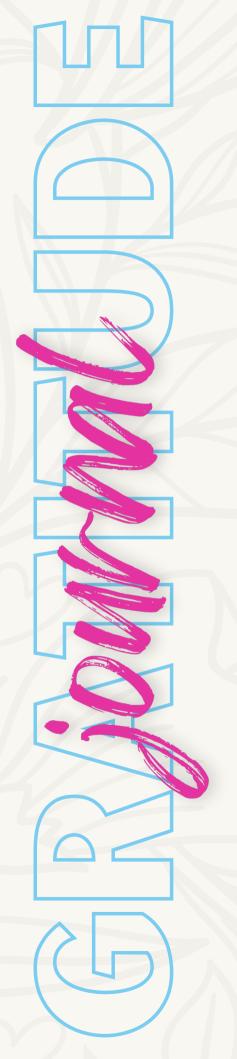
## INSTRUCTIONS

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.



day 1	day 16	
day 2	day 17	
day 3	day 18	
day 4	day 19	
day 5	day 20	
day 6	day 21	
day 7	day 22	
day 8	day 23	
day 9	day 24	
day 10	day 25	
day 11	day 26	
day 12	day 27	
day 13	day 28	
day 14	day 29	
day 15	day 30	