

## Gratitude Journal Guide

A gratitude journal is a place to write down everything you feel thankful for in your life. This can be as simple as a sunny day, a happy place or a hug from a loved one. The key is to focus on the positives—the things that bring you joy and comfort.

Try creating your own Gratitude Journal by following these simple steps:

1

Find an empty notebook or diary

2

Practice gratitude and write down something you feel grateful for every day

3

Whenever you're feeling down and sad, use your gratitude journal and reflect on all the things you're grateful for

