

practice GRATITUDE

Reflect and record 3 good things that you are grateful for each day. This practice is a simple yet powerful tool to enhance wellbeing and happiness.

Month of: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3

Notes: