

10 DAYS OF GRATITUDE

WRITE THREE THINGS YOU ARE GRATEFUL FOR EACH DAY

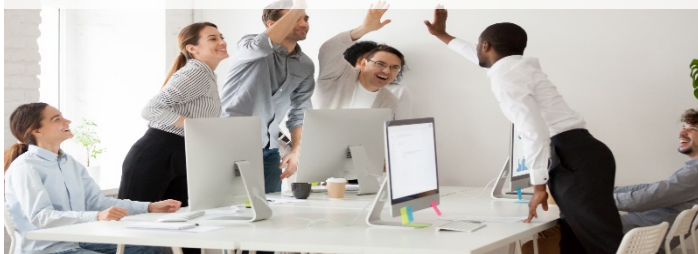
Try keeping a gratitude journal, like this one, to list what you are grateful for each day.



Day 1

- 1
- 2
- 3

Consider saying 'thank you' to someone who helped or supported you.



Day 2

- 1
- 2
- 3

Whenever possible, pause and enjoy the simple things in each moment.



Day 3

- 1
- 2
- 3

Each day, take a picture of something, big or small, that brings you joy.



Day 4

- 1
- 2
- 3

Making a list of your accomplishments may help you stay positive.



Day 5

- 1
- 2
- 3

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Thank yourself for all that you do, and continue your daily gratitude practices year-round!



Day 6

- 1
- 2
- 3

Try reflecting on the challenges in your life that have helped you grow.



Day 7

- 1
- 2
- 3

Consider reconnecting with someone you are grateful to have in your life.



Day 8

- 1
- 2
- 3

Try taking a few minutes for reflection each day, focusing on the positive things in life.



Day 9

- 1
- 2
- 3

Chat with someone who makes you smile.



Day 10

- 1
- 2
- 3