10 DAYS OF GRATITUDE

WRITE THREE THINGS YOU ARE GRATEFUL FOR EACH DAY

Day 1
1 .................................................................
2 .................................................................
3 .................................................................

Day 2
1 .................................................................
2 .................................................................
3 .................................................................

Day 3
1 .................................................................
2 .................................................................
3 .................................................................

Day 4
1 .................................................................
2 .................................................................
3 .................................................................

Day 5
1 .................................................................
2 .................................................................
3 .................................................................

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

Consider saying ‘thank you’ to someone who helped or supported you.

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

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

Making a list of your accomplishments may help you stay positive.
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Thank yourself for all that you do, and continue your daily gratitude practices year-round!

!!! Thank you !!!

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

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

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

Chat with someone who makes you smile.

Day 6
1 .................................................................
2 .................................................................
3 .................................................................

Day 7
1 .................................................................
2 .................................................................
3 .................................................................

Day 8
1 .................................................................
2 .................................................................
3 .................................................................

Day 9
1 .................................................................
2 .................................................................
3 .................................................................

Day 10
1 .................................................................
2 .................................................................
3 .................................................................

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