

# THOUGHTS OF GRATITUDE



Record up to three (3) thoughts of gratitude each morning and each night.

|           | <u>MORNING</u>                     | <u>NIGHT</u>                            |
|-----------|------------------------------------|---|
| Example:  | 1. I am thankful for my job.       | 1. My meeting went well today.          |
| Sunday    | 2. I am grateful for my family.    | 2. Bedtime with the kids went smoothly. |
|           | 3. I appreciate my sense of humor. | 3. I helped my friend to feel better.   |
| Sunday    |                                    |   |
| Monday    |                                    |   |
| Tuesday   |                                    |   |
| Wednesday |                                    |   |
| Thursday  |                                    |   |
| Friday    |                                    |   |
| Saturday  |                                    |   |