

# Weekly gratitude journal

List 3 things you're grateful for each day. 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 this for a week and see how you get on.



	1	2	3
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			