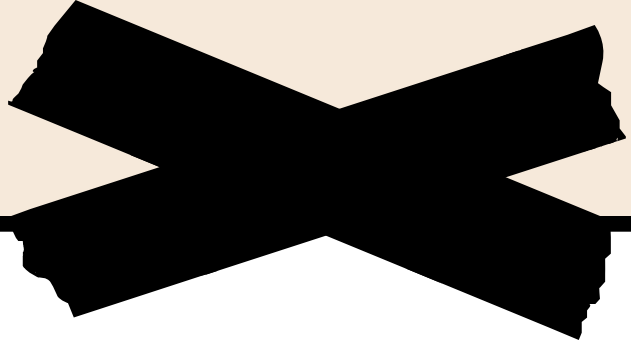


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GRATITUDE JOURNAL





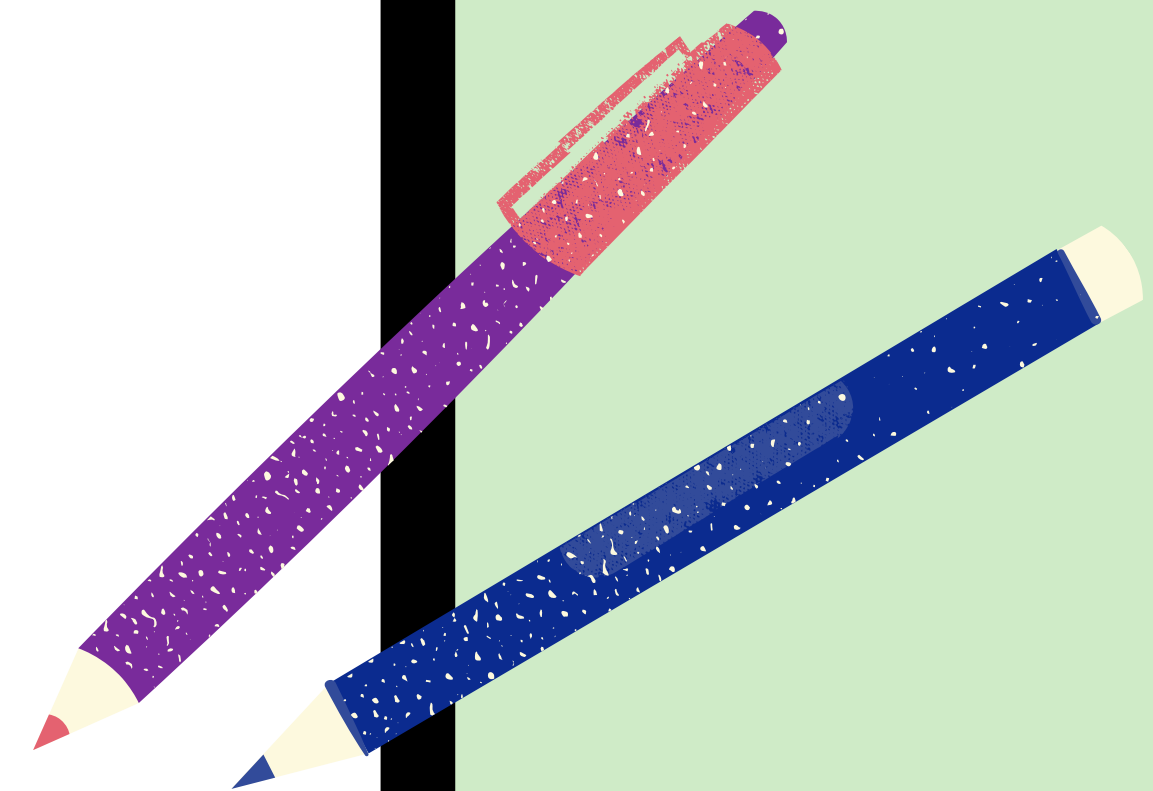
WHY YOU SHOULD DO THIS ACTIVITY

ONE OF THE SIMPLEST YET MOST EFFECTIVE EXERCISES IN POSITIVE PSYCHOLOGY IS A GRATITUDE JOURNAL. DEVELOPING GRATITUDE FOR THE THINGS IN YOUR LIFE THAT YOU MAY OTHERWISE TAKE FOR GRANTED, CAN HAVE A BIG IMPACT ON YOUR OUTLOOK AND SATISFACTION WITH YOUR LIFE.



Supplies needed

**JOURNAL
PEN OR PENCIL**



**1. GET A NOTEBOOK OR
JOURNAL THAT YOU
CAN DEDICATE TO THIS
PRACTICE EVERY DAY.**



**2. EVERY NIGHT
BEFORE BED,
WRITE DOWN
THREE THINGS
THAT YOU
WERE
GRATEFUL FOR
THAT DAY.**



**3. WRITE DOWN FIVE
THINGS THAT YOU
ARE GRATEFUL FOR
ON A WEEKLY BASIS.**



THINK OF PARTICULAR DETAILS FROM THE DAY OR WEEK, RATHER THAN SOMETHING BROAD OR NON-SPECIFIC (I.E., "THE WARM SUNSHINE COMING THROUGH THE WINDOW THIS AFTERNOON" RATHER THAN "THE WEATHER").



How this activity can help

**THE PRACTICE OF
KEEPING A GRATITUDE
JOURNAL IS A SIMPLE
WAY TO BOOST YOUR
POSITIVE EMOTIONS.**

