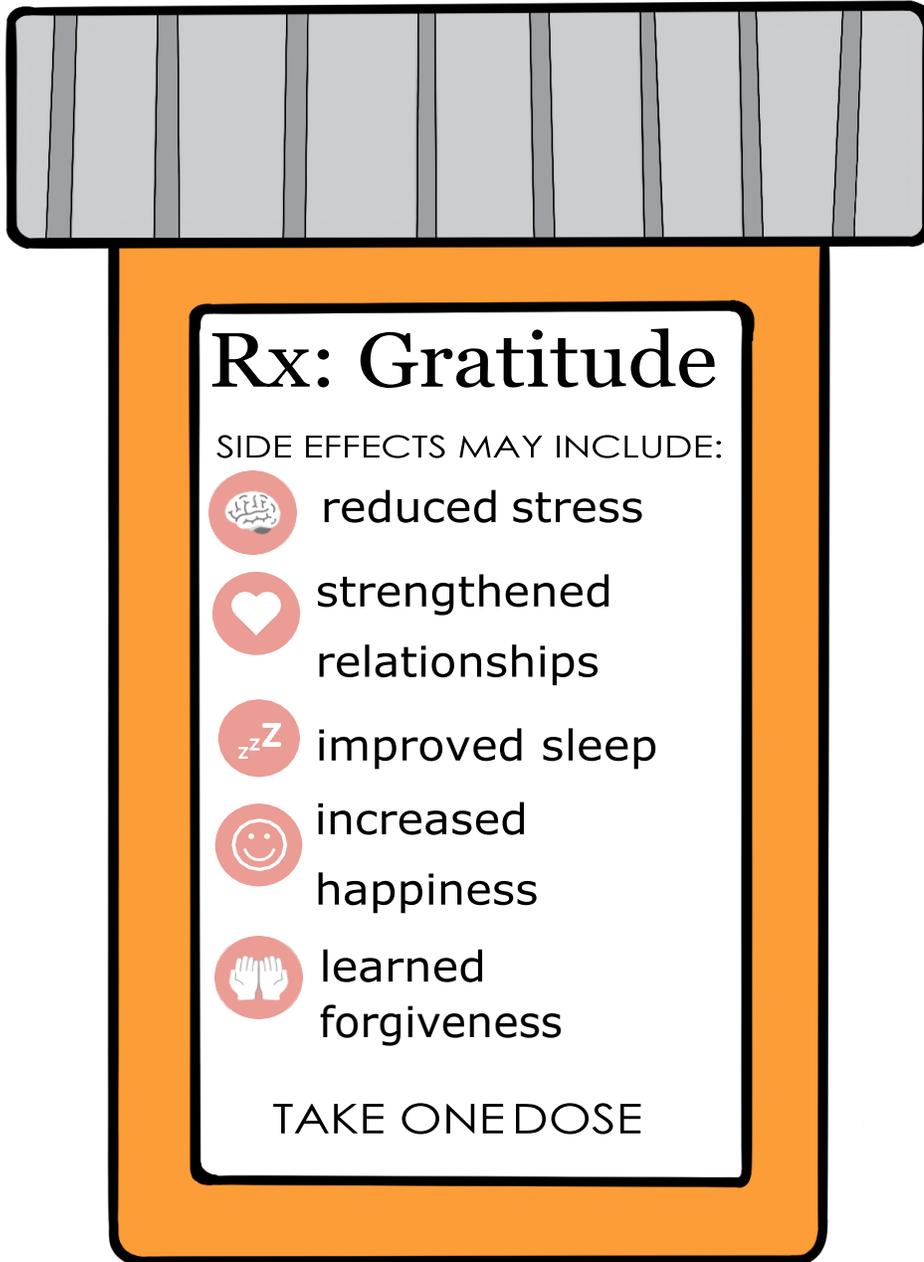


Practice Gratitude – You cannot be angry/depressed and feel gratitude at the same time. Which state of mind do you prefer?

Expressing gratitude can result in several beneficial outcomes. Research has found that gratitude correlates with positive emotions, life satisfaction, optimism, and lower levels of anxiety and depression. In other words, there are many reasons to practice being thankful. There are several ways to express gratitude, starting with this journal.



3 things I'm grateful for that are typically taken for granted:

- ◆ 1.
- ◆ 2.
- ◆ 3.



3 Things I am grateful for today:

- 😊 1.
- 😊 2.
- 😊 3.

3 people who have taught and supported me:

- 🙏 1.
- 🙏 2.
- 🙏 3.

3 positive thoughts about my health and body:

- 👍 1.
- 👍 2.
- 👍 3.

Gratitude is what turns what we have into enough. Aesop