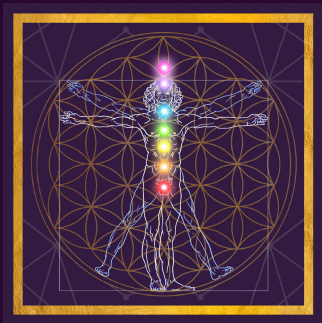


GRATITUDE JOURNAL



SHARON WHITE

Gratitude Journal

5 Benefits Of Keeping A Gratitude Journal

- Improves mental health
- Increases happiness
- Helps you sleep better
- Improves relationships
- Gratitude increases resilience

Gratitude Journal Prompts

- Describe your happiest childhood memory.
- Who is the one friend you can always rely on?
- Describe your favourite pet (or former pet)?
- Describe a family tradition you are most grateful for.
- Who made you smile in the past 24 hours and why?
- What is your favourite smell?
- What is your favourite sound?
- What is your favourite taste?
- Describe your favourite sensation?
- How is your life more positive today than it was a year ago?

Gratitude Journal

Gratitude Journal Prompts

- Describe 10 skills you have
- What is your favourite part of your daily routine?
- List 10 things you are looking forward to in the next year.
- What do you love most about your life?
- What do you love most about your friends?
- What do you love most about you?
- Who do you love?
- When was the last time you had a genuine belly laugh and why was it so funny?
- What body part or organ are you most grateful for today?
- What is one aspect of your health that you're more grateful for?
- What is the biggest accomplishment in your life?
- List 5 hobbies and activities that bring you joy.

Embracing gratitude can have a transformative effect on your life. If you commit to journal daily it will have profound effects in your life.

**"Start each day with positive thoughts,
positive energy and a grateful heart". -**

Sharon White