



Make a list of your most recent positive experiences and the little things you can be grateful for. The purpose of this exercise is to make yourself appreciate all the good things that are happening that you otherwise might just overlook.

Today I'm grateful for:

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____
- 06 _____

People I'm grateful for:

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____
- 06 _____

Something awesome that happened:

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____
- 06 _____

My best memories:

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____
- 06 _____

Best parts of my day:

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____
- 06 _____

Things that made me smile:

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____
- 06 _____

