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@Terri_reynolds_coaching



It's no secret that showing gratitude is good for you!

A gratitude journal forces ourselves to pay attention to the good things in life we might otherwise take for granted. In that way, we start to become more attuned to the everyday sources of pleasure around us—and the emotional tone of our life can shift in profound ways.

Keeping a gratitude journal is easy and on the simplest level it involves making a note of the things that you are grateful for that day. You can decide how long your list is each day and how much detail you want to go into. The great thing is that it's an easy habit to form and after a while, you are left with a collection of inspiring material to look back on when you are in need of a pick-me-up.

It Increases Positivity

It Improves Self-Esteem

It Helps You Sleep Better

It Makes You Happier

It Reduces Stress





Morning Gratitude

Date;

Today I want to feel...

Today I will spread kindness by...

3 things I'm grateful for today are...

"Happiness is a habit."



Evening Gratitude

3 things I'm grateful for today are...

The best part of today was...

What can I learn from today's experiences?

Tomorrow I'm looking forward to...

"Do more of what you love."

FIND
GRATITUDE
IN ALL THE
moments
and
bits