



when you're feeling prickly...
GRATITUDE JOURNAL

WHAT MADE YOU LAUGH TODAY?

4 POSITIVE THINGS ABOUT YOUR HEALTH AND BODY

- 1.
- 2.
- 3.
- 4.

2 THINGS YOU SEE RIGHT NOW THAT YOU'RE GRATEFUL FOR

- 1.
- 2.

3 THINGS YOU'RE LOOKING FORWARD TO

- 1.
- 2.
- 3.

ONE THING THAT YOU LOVE ABOUT YOURSELF

