

## Build Optimism Through Gratitude Journaling

Take just 5 minutes per day to reflect on this gratitude journal prompt. This worksheet covers 7 days. If you can, complete it 3 times (or for 21 days in a row), to start feeling gratitude more automatically. According to Z. Colette Edwards, MD, MBA, known as "The Insight Doctor," that's the time it takes to start forming a new habit.

Two things I feel grateful for today		Why these things make me feel grateful
Date:	I am able to make ends meet, even if finances are tight. I feel an impulse to improve my own life.	I haven't always had a steady job. The one I have now is my favorite yet. Many people are reluctant to take action, even if it would make things easier for themselves. I'm glad I want to act in my own interest.
Date:	Someone I like gave me a compliment. I got to talk to _____	I have struggled to see the good parts of myself lately. When I see _____, they remind me how to have fun.
Date:		
Date:		
Date:		
Date:		
Date:		

**At the end of one week, do you notice any patterns? Do certain facts, activities, people, or places tend to spark your gratitude more than others?**

**In the last week, how often did you engage with the people or things that made you feel most grateful? How can you bring more of that joy into your life?**