

GRATITUDE & OPTIMISM JOURNAL



Taking a few moments to name the things that are going well and what we're looking forward to is good for our mental health. The best part is, it doesn't need to be something big to make a difference.

Use the spaces below to practice gratitude and optimism in your life.

Name 1-3 things happening in the next week that you're looking forward to:

Name 1-3 things that have happened in the last week that you feel grateful for:

3 BEAUTIFUL THINGS

Name at least one beautiful thing you've seen in nature today:

Name at least one beautiful human-made thing you've seen today:

Name at least one beautiful human or animal moment you've seen today:

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