

# WEEKLY GRATITUDE + OPTIMISM JOURNAL

Choose one day per week to put aside 15 minutes for gratitude and optimism. The best times are those with few distractions or time pressure. On that day, pull out a copy of these journal pages to express gratitude and optimism.

3 GOOD THINGS THAT HAPPENED THIS WEEK:

ONE STEP FORWARD I TOOK THIS WEEK:

ONE PERSON WHO MADE A DIFFERENCE IN MY LIFE THIS WEEK:

**3 THINGS I'M LOOKING FORWARD TO OVER THE NEXT WEEK:**

**ONE STEP FORWARD I'D LIKE TO TAKE IN THE NEXT WEEK:**

**THE BEST POSSIBLE FUTURE I SEE STARTING TODAY:**

# THANKSTORMING

Set a timer for 5-10 minutes and let your thankful thinking go. Write down whatever comes to mind that you're thankful for - no matter how small. Keep writing until your time is up.

I'M THANKFUL FOR...

HOW DID THIS EXERCISE FEEL?