



Five Things Gratitude Journal Tool



Studies have proven that gratitude makes us happier and healthier. Practicing gratitude helps create a habit where we focus on the positives in life and builds greater resilience in challenging times.

How to use the "5 Things" Gratitude Journal Tool:

- Print this page out for your own use (and extra copies if you would like to give them to friends and coworkers.)
- With your hand on your heart breathe deeply and evenly from your belly. As you imagine breathing through your heart, bring up an emotion of gratitude – something or someone you are truly grateful for. Repeat this process until you have five things you are grateful for today - perhaps a person, a memory, a pet or something else.
- Now write your five things on the hand below. Look at the hand and really allow each of those things to really soak into your heart and body like water soaking into a sponge.
- If you have a challenging day, take a few deep breaths and count on each finger the people and things in your life you are grateful for.
- Create a habit where you do it regularly, when you wake up or before you go to sleep, and you can use this anytime or anywhere you like.

