Gratitude Journal

Self-reflection is key when it comes to reversing pessimistic thoughts. But it's just as important to identify your positive thoughts along with the negative ones. One way to highlight hopeful and optimistic feelings you have is a Gratitude Journal.

Print off this page and use the lines below as a journal, or start one with your own notebook. At the end of the day or the week, record things you're grateful for. It could be a nice interaction you had, coming home to a clean home, or simply having family and friends who love you. Mark the date for each entry, list these things out and come back and visit them when you're feeling pessimistic.

WHAT ARE YOU GRATEFUL FOR?		



