GRATITUDE JOURNAL

As we move through this time, a lot of things are happening that might make us feel worried, uncertain, scared, and a lot of other emotions. Keeping a journal that gives you time and space to focus on what you are grateful for can help put things in perspective and provide a much-needed sense of calm. The lines below can be used for a collection of words, short sentences, stories, or drawings focused on the positive aspects of anything you are grateful for — personal strengths, people, things, whatever you want! There is no wrong way to journal, just trust what comes out. When you're done, you can share your journal with a safe person or keep it to yourself. Journal as often as you want or need to.

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