

# GRATITUDE JOURNAL

## 21 DAYS TO POSITIVE THINKING

A GRATITUDE JOURNAL MIGHT SEEM LIKE IT IS TOO SIMPLE TO MAKE A DIFFERENCE, BUT PSYCHOLOGISTS HAVE FOUND THAT THIS SIMPLE ACT CAN HAVE AN EXTREMELY POSITIVE IMPACT ON YOUR WELLBEING. THERE ARE 3 SIMPLE STEPS, IT TAKES 3 MINUTES.

- EVERY NIGHT, JUST BEFORE YOU GO TO BED, SIT DOWN FOR A WHILE AND LOOK BACK AT YOUR DAY.
- THEN THINK OF 3 NEW THINGS THAT WENT WELL FOR YOU DURING THE DAY.
- WRITE THEM DOWN. REFLECT UPON EACH OF THEM.

READ MORE ON  
GRATITUDE HERE

DAY 1

- 1.
- 2.
- 3.

DAY 2

- 1.
- 2.
- 3.

DAY 3

- 1.
- 2.
- 3.

DAY 4

- 1.
- 2.
- 3.

DAY 5

- 1.
- 2.
- 3.

DAY 6

- 1.
- 2.
- 3.

DAY 7

- 1.
- 2.
- 3.

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THE ACTION OF WRITING DOWN THREE THINGS YOU ARE GRATEFUL FOR IS A KEY STEP IN BUILDING POSITIVE THINKING AS IT HELPS TO CREATE PATHWAYS IN YOUR BRAIN AND MINDSET, IT HELPS YOU THINK AND REFLECT ON WHAT IT WAS AND WHY IT MADE YOU GRATEFUL.

I'VE ALWAYS BELIEVED THAT YOU CAN THINK POSITIVE JUST AS WELL AS YOU CAN THINK NEGATIVE.  
JAMES BALDWIN

DAY 8

- 1.
- 2.
- 3.

DAY 9

- 1.
- 2.
- 3.

DAY 10

- 1.
- 2.
- 3.

DAY 11

- 1.
- 2.
- 3.

DAY 12

- 1.
- 2.
- 3.

DAY 13

- 1.
- 2.
- 3.

DAY 14

- 1.
- 2.
- 3.

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## 21 DAYS TO POSITIVE THINKING

HERE ARE IDEAS AND EXAMPLES TO HELP YOU:

WHAT ONE GOOD THING HAPPENED AT YOUR WORK/SCHOOL/COLLEGE TODAY?

WHAT ONE GOOD ACT OF GENEROSITY OR KINDNESS YOU DID TODAY?

WHAT ONE THING MADE YOU SMILE, LAUGH OR MADE YOU THINK 'WOW!' TODAY?

FOR MORE TOOLS AND IDEAS FOLLOW

@PHASEHITCHIN

DAY 15

- 1.
- 2.
- 3.

DAY 16

- 1.
- 2.
- 3.

DAY 17

- 1.
- 2.
- 3.

DAY 18

- 1.
- 2.
- 3.

DAY 19

- 1.
- 2.
- 3.

DAY 20

- 1.
- 2.
- 3.

DAY 21

- 1.
- 2.
- 3.