

GRATITUDE DIARY

Think about everything that you did in the last 24 hours in detail. Recognize 10 things that you are grateful for. Remember, those can also be small things! (e.g. I'm grateful for my Grandma who drove me to school and asked how I was doing. I'm grateful for the teacher who smiled at me in the hallway.)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Do this every day and see how your outlook on life will change! (You may even realize that YOU have the power to change someone else's day, with a smile in the hallway, too.)