



**Gratitude** — Gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships.

## Gratitude journal prompts: 30 Days Of Gratitude

Using a notebook, designate a page or two and write your thoughts using these prompts:

- A person I'm grateful to have in my life
- Something I find comfort in
- My favorite part of the morning
- My favorite memory
- An accomplishment I'm proud of
- A hidden blessing in a difficult situation
- An opportunity I'm grateful for
- My favorite song (& why)
- A life lesson I have learned
- The biggest gift in my life right now
- A future event I'm excited about
- Some positive news I've received recently
- My favorite area in my home
- A memory that makes me smile
- Something beautiful I saw today
- My favorite part of the evening
- My guilty pleasure
- One good thing that happened today
- How I show gratitude for my friends
- Something I love about a family member



- Something positive about my body
- A challenge I'm grateful for
- A compliment that made me feel good
- The best gift I've ever received
- The item I treasure most
- The people who mean the most to me
- My favorite part about nature
- Something that made me laugh today
- A book I loved reading
- A freedom I'm grateful for

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### Health Solutions Support Systems Available in Pueblo

**Are you feeling overwhelmed with anxiety, fear and uncertainty?**

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Health Solutions  
Crisis Living Room  
1310 Chinook Ln.  
Pueblo, CO 81001

**CALL**

Health Solutions  
Crisis Services  
719.545.2746



**STATE HOTLINE**

Colorado Crisis Services  
1.844.493.8255

**OR TEXT**

Colorado Crisis Services,  
text TALK to 38255