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

Visit our website for more tips on stress relief: www.Health.Solutions

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Flyer prepared by Courtney Woodka, Health Solutions Marketing Coordinator