



## Gratitude Journal Sheet

Date .....

Five things that on this day I feel grateful, lucky, thankful or blessed to have seen, witnessed or experienced. Write more about what you feel for the fifth item on this list.

1. ....
  2. ....
  3. ....
  4. ....
  5. ....
- .....
- .....
- .....

Now write a few lines about something that you don't feel grateful for:

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Finally, turn this not-grateful-for on it's head. What silver lining or lesson is there in this not-so-good event or thing that has happened.

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