

## Gratitude Journal

Research shows that an attitude of gratitude can have a positive impact on our mood, behavior and general outlook. Gratitude is a skill that can be developed with regular practice and the purpose of daily tracking of small things we are grateful for can help us cultivate a positive mindset. Your journal can capture gratitude that you feel for things in the world around you, people, or yourself. Tracking small or large things you are grateful on a daily basis can contribute to the practice of looking for positive in your life.

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

(adapted from Greenberger and Padesky, 2016)

If you would like to have a confidential, supportive conversation, feel free to schedule an appointment with a personal counselor at the Health & Counseling Centre by calling 905-828-5255. You may also call Good2Talk at 1-866-925-5454 for professional counselling, mental health information and connections to local resources.