

humantold

Give Thanks

Our minds are good at focusing on what's wrong in our lives, to the exclusion of what is going well. When we can notice and appreciate the good in our lives, we often find that more joy is available to us than we might have thought. Gratitude has been linked with a wide range of positive outcomes, including better mood, lower risks for depression, less stress, greater life satisfaction, and stronger relationships. The goal of practicing gratitude each day is to lead yourself to a more positive view of one's life, and greater optimism about the future.

Monday: Today I am grateful for ...

1.

2.

3.

Tuesday: Today I am grateful for ...

1.

2.

3.

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Wednesday: Today I am grateful for ...

1.

2.

3.

Thursday: Today I am grateful for ...

1.

2.

3.

Friday: Today I am grateful for ...

1.

2.

3.

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Saturday: Today I am grateful for ...

1.

2.

3.

Sunday: Today I am grateful for ...

1.

2.

3.

Book: Cognitive Behavioral Therapy Made Simple By: Seth J. Gillihan PhD

Worksheet by: Janay Bailey, LMHC