



**start here ...** fill in what you are grateful for in the first half hour after you got up.

## gratitude

*Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.* - WILLIAM ARTHUR WARD -

Today I am grateful for:

1. *My morning coffee*
2. *The air I breathe*
3. *My bedroom lamp*

I smiled today because of

*My kid made breakfast for me*

The best thing I smelled

*My morning coffee*

*My colleague Jan told me that I am a helpful person*

A compliment I received

One thing I learned today

The best thing that happened to me was

*That a stranger gave me a smile and told the bus driver to wait for me (I was a bit late)*

*That I followed through on my daily plan and that I am going to bed on time (right now!)*



**continue here ...** fill in this part right before you go to bed. take 3 - 5 minutes and dive into the feeling of thankfulness

The best part of my day was

gratitude

*Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.*

- WILLIAM ARTHUR WARD -

Today I am grateful for: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I smiled today because of \_\_\_\_\_  
\_\_\_\_\_

The best thing I smelled \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

A compliment I received

One thing I learned today

The best thing that happened to me was today

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_

The best part of my day was