Positive Events and Gratitude

Make a note of one positive event you experience/witness as well as one thing you are grateful for **and why**, each day. Do this until it's a habit for you to reflect on positive events and gratitude.

| Day | Positive Events | Gratitude |
|-----------|-----------------|-----------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |