

In Positive Psychology, showing gratitude has been linked to improving our overall well-being. Below are a few self-reflection prompts to help you begin to put gratitude into practice.

## GRATITUDE

Today I feel:

The best part of my day today was:

I am inspired by:

The people I am thankful for are:

Two things I've learned from my challenges are:

I smile when I think of:

One positive statement I can say to myself on a rough day is: