

Gratitude Journal #10:

Gratitude journals are done daily by some people. The purpose is to find the big as well as small things that you are grateful for in your life. Some days it may seem hard to find something to show gratitude for, and simply having clothes on your back is all you can come up with. Other days you may find

yourself appreciating
everything from your family
to the weather to the ability
to think for yourself.

At this time of the
Thanksgiving holiday
approaching, being thankful,
appreciative, and noticing
the positives in your life is a
great life skill to have.

Take a moment to just think about all the people you are thankful to have in your life and write about them and what makes them appreciated. People from the nice sales lady who helped you find an extra coupon in the Dunkin Donuts drive thru, to the

stranger that helped you randomly one day, to the teacher who helped you understand new material, to the friend that forgave you, to the parent who bought you the latest phone/gadget you had to have, etc.

Next, take a moment to realize all the things you have to be thankful for-the car that may not be new but

gets you where you want to be, the bed to sleep in, the food to eat, a school that wants to help you reach your potential, having a healthy body/mind, etc.

Write about these material things you are thankful for.