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Gratitude journal

Each day write down at least 3 things you are thankful for.

Source: https://www.npr.org/sections/health-shots/2018/12/24/678232331/if-you-feel-thankful-write-it-down-its-good-for-your-health

Employer Completion Form

I successfully completed the Gratitude Journal Activity by:

Signed:

Date:



This newsletter/poster is provided for general informational purposes only and should not be considered medical advice, diagnosis or treatment recommendations.