



# 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: