Gratitude Journal



*Writing a list of positive things down at the end of the day, lowers one’s stress-level and help them relax at night. For more prompt ideas visit:* [*www.happierhumans.com*](https://www.happierhuman.com/gratitude-journal-prompts/)

Today I'm grateful for... Date:

Today I'm grateful for... Date:

Today I'm grateful for... Date: