

Gratitude Journal

Every evening this week, write a few things that you feel grateful for today, that have to do with your connections with your child or children. As another option, you could post the word "Gratitude" on your bathroom mirror and think of 3 things while you brush your teeth.

Day	List 3 things that you feel thankful for today - that have to do with connections
Example	I had a cozy cuddle with my son this morning, I managed to stay present and listen to my child on the way home today