

## **Gratitude Journal**

Every evening this week, write a few things that you feel grateful for today, that have to do with adult relationships you have with your partner, friends, or family members. 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 relationships
Example	I called my friend and had a nice chat, my partner made me a cup of tea this morning, my sister sent me a message to check in on me