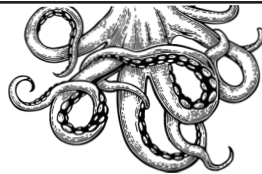


WORKBOOK

GRATITUDE JOURNAL: THREE GOOD THINGS



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LET'S GET STARTED

HOW TO USE THIS //

Gratitude journaling is good for both mental AND your physical health. Studies have shown that keeping a record of what you are thankful for can lower stress, help you sleep better, and may even reduce the risk of heart disease. We've also found that when you say "Ya, know I'm grateful for _____," many times you'll get more of that thing. Call it the rules of attraction or call it just noticing what is great in your life, whatever it is let's do more of it.

Use this worksheet on a daily basis. At the end of each day spend 10 or so minutes answering the prompts or writing your own, This worksheet is one week, and just to get you started. After you get going take this practice and run with it!

GOAL OF THIS WORKBOOK//

1	Take notice of what is awesome in your life.
2	Attract and foster more awesomeness and learn to get through the tough stuff with more grace and patience.
3	Being a good gratitude coach for your friends and family. Show them the way to an attitude of gratitude.

GRATITUDE JOURNAL//

DAY 1

What's one good thing that happened today?

Something good I saw someone do...

Today I had fun when...

GRATITUDE JOURNAL//

DAY 2

I love it when I see....

Today I smiled when...

Something I learned today was...

GRATITUDE JOURNAL//

DAY 4

Something I did well today was...

I was thankful to hear this today....

I was happy when someone told me...

GRATITUDE JOURNAL//

DAY 5

Today I am grateful for this person because...

My favorite moment of today was...

I was happy today when someone....

GRATITUDE JOURNAL//

DAY 6

Today I accomplished this and it made me feel...

I love it when I see someone....

I hugged this today and it made me feel...

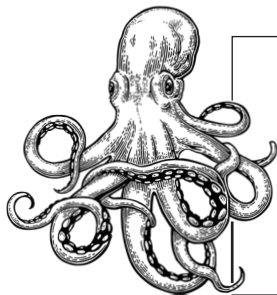
GRATITUDE JOURNAL//

DAY 7

I am grateful for this experience...

I am grateful for these qualities that I have...

I am grateful for this person or persons and this is what they mean to me...



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Congratulations on your next step. We hope you'll continue to work with us and our community at Uncompany. Let's make unconventional working more workable .

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