

# GRATITUDE JOURNALING



## WHAT IS GRATITUDE JOURNALING?

Gratitude journaling is a form of expressing one's appreciation for the good things in their life.

## GRATITUDE RESOURCES

Examples of guided gratitude journaling apps or books:

- Gratitude Journal
- 5 Minute Journal (app and book)
- I am - Daily Affirmations
- 365 Gratitude Journal
- Morning! - Gratitude Journal

Check out [Make Kindness Count](#) to show gratitude and appreciation for colleagues

Check out