

**Appreciation & Gratitude Journal**

Keep a journal where you can continue to write your daily appreciation and gratitude at the end of every day.

Write down three things you **appreciate** about yourself in this moment.

*These do not necessarily have to be new or different from your prior self-appreciation practice, just trust whatever qualities of yourself that you appreciate in this moment and write them below.*

1.

2.

3.

Write down three things you are **grateful** for in your life.

*Feel free to include a person or pet, or repeat aspects of your life mentioned in your earlier Gratitude Practice. Just let it be whatever comes up for you now, in this moment, what you are grateful for in your life.*

1.

2.

3.

**Appreciating Self & Others**

* Take time daily to express verbally your appreciation and gratitude to the people in your life.
* Every week write at least one positive email or handwritten card praising, appreciating, or thanking somebody in your life.
* Before you go to sleep at night, remind yourself of all the things that you did well during that day.