

# Gratitude Tracker

	<b>Three Things You're Grateful For</b>
	<i>Example: Waking up in a warm bed, my loving brother John, and a cup of coffee.</i>
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



**For the next week, try using the gratitude tracker. Each morning, identify and write down 3 things you have gratitude for. Through the day, bring your mind back to the 3 things you identified. These can be as big or small as you like.**

## Gratitude

Expressing appreciation for what one has is known as **gratitude**. It can refer to both simple, everyday politeness – such as saying “thank you” when somebody holds the door open – as well as to more long-term appreciation, such as being appreciative of your friends or family.

But gratitude is more than just etiquette. Studies have shown that people who frequently express gratitude seem to experience greater mental and physical health; they sleep better, and have more energy and motivation. This is likely because living a life of gratitude shifts our focus away from what we lack, and toward what we already have.

Gratitude serves not only to remind *others* of your appreciation for them, but also to remind *yourself* of the good things in your life – this is a core tenet of positive psychology. By practicing gratitude every day, you can help yourself to become a more optimistic and fulfilled person.

## Building a Daily Gratitude Practice

Our ultimate goal is to make practicing gratitude a natural part of our everyday life. However, when first starting this habit, it can be helpful to take some time to actively and intentionally write down the things you have gratitude for. This can help keep you on track.

