



Gratitude Journaling

Gratitude journaling is a tried and tested method that is straightforward to implement in both practice and daily habit. For some, this is effective and meaningful, and for others another type of gratitude practice is more helpful. If you have not tried this before, we recommend starting here first. If you have tried it before and did not find it helpful or let the habit slip, we still recommend you start here.

Select one of the 3 prompts below and write for 5 minutes about that topic. Feel free to use some of that time for reflection first.

Prompt 1: A recent difficult experience and a possible silver lining of that experience.



