

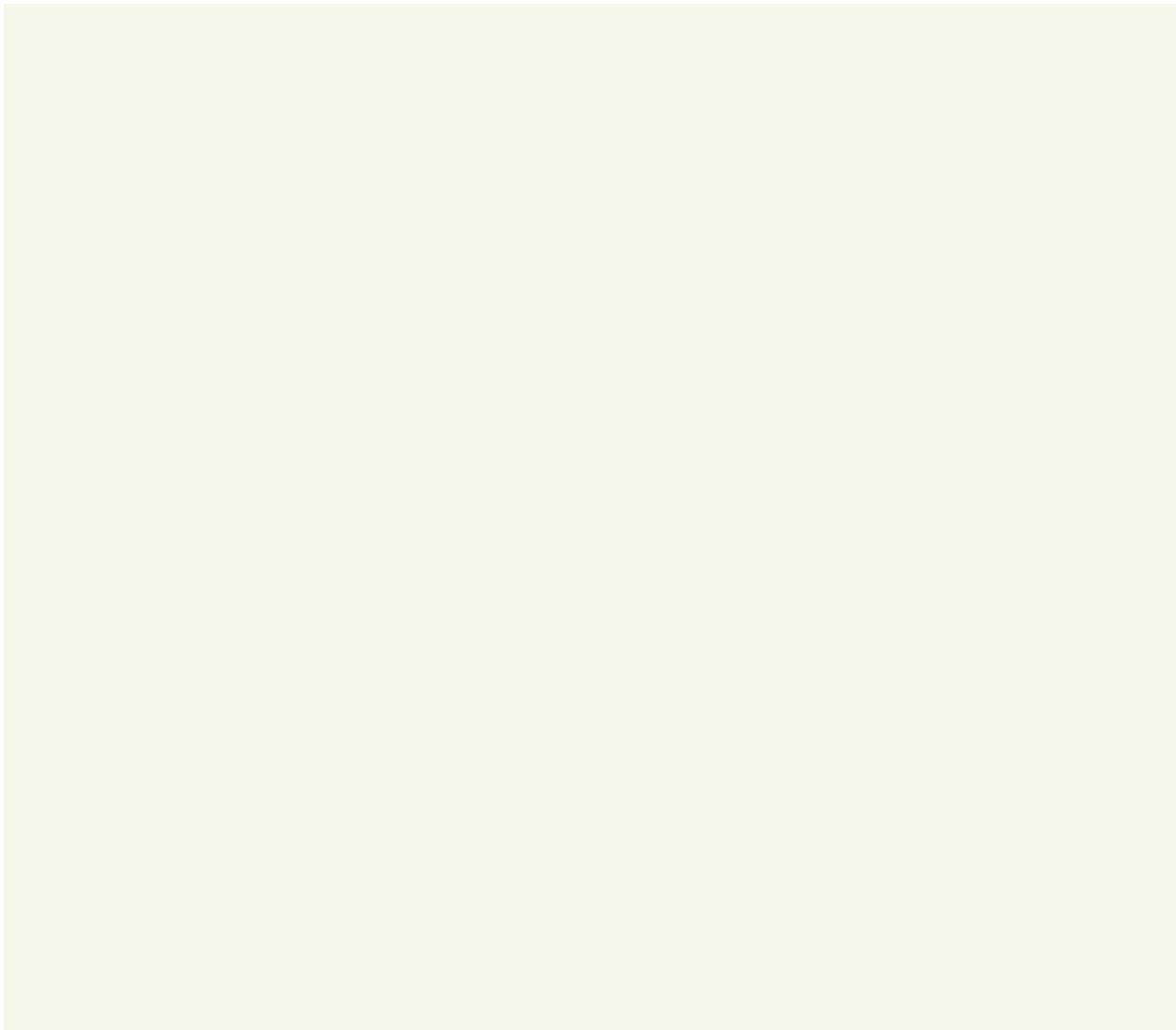
MODULE 6 ACTIVITY

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 might be more helpful. If you have not tried gratitude journaling before, we recommend starting here. If you have tried it before but did not find it helpful or let the habit slip, we still recommend you start here.

Select one of the three prompts below and spend 5 minutes writing your response to the prompt. Feel free to spend some time reflecting at the beginning.

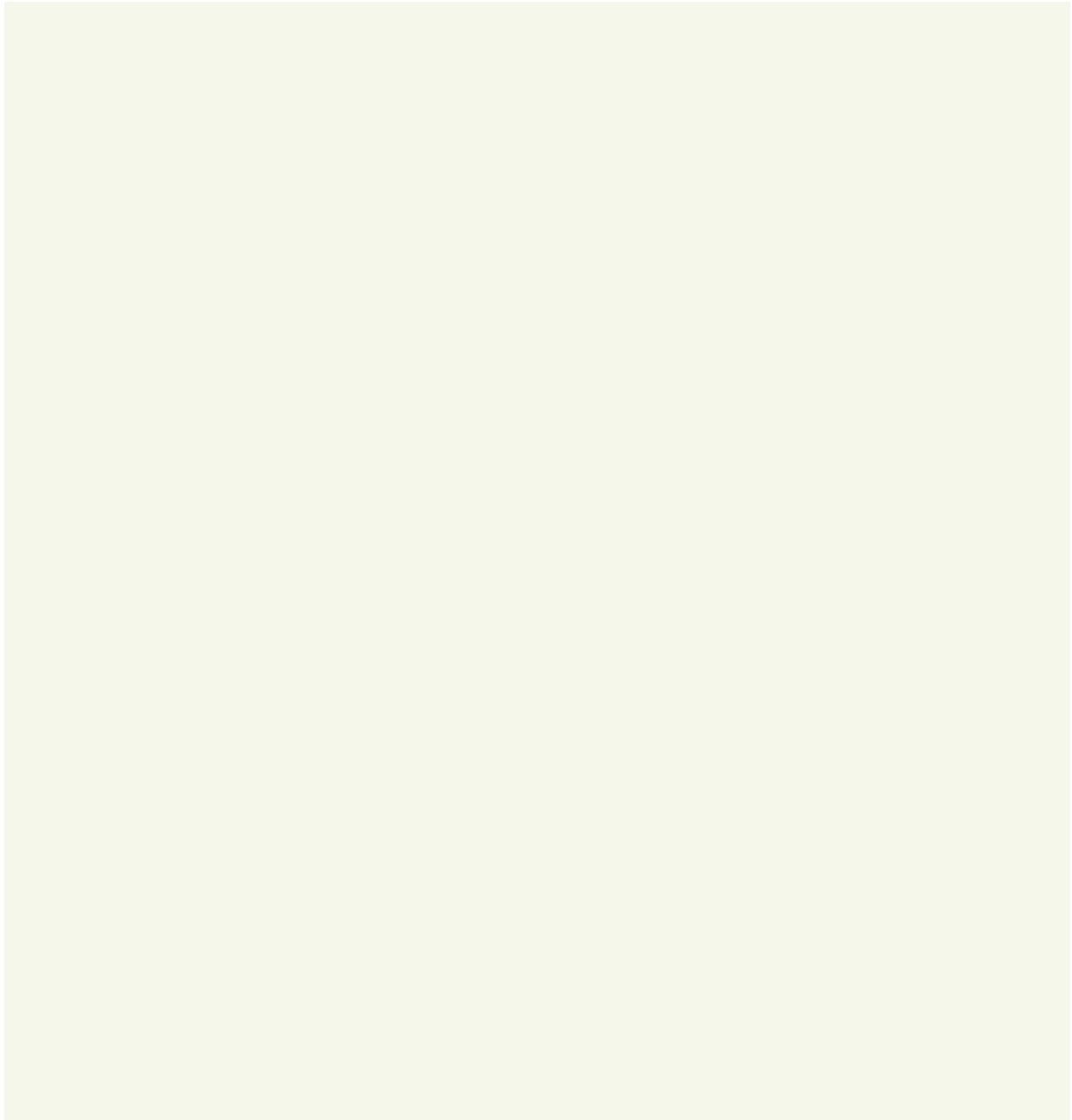
Prompt 1: Describe a recent difficult experience and a possible silver lining of that experience.



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Prompt 2: Describe an act of kindness someone performed for you or that you performed for another person. How did it make you feel?



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Prompt 3: Describe a person or experience for whom/which you are grateful and why.

