

*Record moments of gratitude, uplifting events, blessings,
or random acts of kindness that occur in your day.*

Taking a few minutes a day, every day for 21 days, will create positive changes in your brain.
Identify three new things each day for which you are grateful, jot them down on the chart below and describe why.

	WORK	FAMILY OR FRIENDS	NATURE	UPLIFTING EXPERIENCES	MATERIAL COMFORTS
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

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