



*Happiness*

*&*

*Gratitude*

*Abounds*

# My Journal Ideas

1. What positive quality can I find about something I don't want to do today but have to do anyway?
2. What can I appreciate about me today?
3. What is one good thing that happened in my life today?
4. Pick one object/person/place you truly love in your life right now. Why do you feel this way?
5. What do I appreciate about the home I live in?
6. What do I appreciate about the city I live in?
7. What is one piece of clothing I appreciate?
8. What do I appreciate about the music I listen to?
9. What is one thing I appreciate about my body?
10. What food do I really appreciate and why?
11. What type of art do I appreciate and why?
12. What is an old friendship I am grateful for?
13. What qualities do I appreciate in a co-worker or boss?
14. What is one quality I admire about my partner?
15. What wonderful quality have I learned from my friend?
16. What wonderful trait did I get or learn from my mother?
17. What wonderful trait did I get or learn from my father?
18. What is the one thing I really admire about myself?
19. What is one event or activity I am looking forward to the most today?
20. What is an opportunity I have today that most people don't that I can appreciate?
21. What one thing can I do to make today great?
22. What is something I am better at today than I was yesterday?
23. What can I appreciate about today's upcoming meeting/work/activity?
24. What is one thing I appreciate about my health?
25. What is the biggest obstacle that I have I overcome in my life that makes me appreciate the effort and accomplishment?
26. What makes me feel good about my childhood?
27. What is a past experience that made me feel bad or upset at the time that I can appreciate now?
28. What am I really glad that I learned in school?
29. What one event happened yesterday that I found enjoyable?
30. What am I looking forward to today?