

# A Week of Gratitude

Each day for seven days, write down a few things that you are thankful for that day. Note your overall happiness level on the scale.

At the end of the week, see how noting things you are thankful for impacted your overall level of happiness.

## Day One

Today I'm thankful for 

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## Day Two

Today I'm thankful for 

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## Day Three

Today I'm thankful for 

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## Day Four

Today I'm thankful for 

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## Day Five

Today I'm thankful for 

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## Day Six

Today I'm thankful for 

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## Day Seven

Today I'm thankful for 

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