

DAILY GRATITUDE

A JOURNAL TO RECORD THE GOOD THINGS IN LIFE

A couple of prompts to get you started:

- Write about a memory that brings you joy.
- What are you grateful for right now?
- Write about a day that you are looking forward to.
- Where is a place that you love to go? Why?
- Write about someone that you appreciate.



Start and end each day with a positive thought and a grateful heart.



**Student
Well-Being**

MCDONALD CENTER

@McWellND



**Student
Well-Being**
MCDONALD CENTER

Benefits of Gratitude:

Improved Physical Health:

- Listing things you are grateful for reduces blood pressure and stress.
- Gratitude increases optimism, which can improve immune system functioning.
- Gratitude can also reduce stress hormone levels by 23%.



Better Sleep:

- Ending the day thinking or writing down what we are grateful for may improve sleep quality and duration.

