



PEARTM
CORE SOLUTIONS, INC.

Journal of Gratitude

Science has proven that the benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems.

Listed below are the ways that you can practice gratitude every day:

Day	Daily Gratitude Action	Describe
Monday	I made the Earth better today	How?
Tuesday	Something small made a big difference today	What?
Wednesday	I appreciate (name) because I learned this today	Who? What?
Thursday	I expressed gratitude to (name) today	Who? Why?
Friday	I said thank you today to (name)	Why?
Saturday	I wrote a letter of gratitude today to (name)	Who?
Sunday	I helped someone that cannot help me today	Who? How?