



Happiness/Gratitude Journal



You have to train your brain to find the bright spots.

Look for things throughout the day that made you smile, laugh, and entertained. These are examples of moments of happiness.

What is something that is awesome/happy that happened today?	Who helped you today? What did they do?
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.

You must do this for sixty days before you will even start to notice a difference in what you see. You are changing the brain!