

**Gratitude Journal**

*Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.*

—Oprah Winfrey

Keeping a gratitude journal helps bring better energy, mood, and perspective to our lives and general overall well-being.

Consider taking a few minutes each night journaling, reflecting on the following questions:

1. What surprised me today?
2. What moved me today?
3. What inspired me today?