

It is not happy people who are grateful – but grateful people who are happy!

GRATITUDE JOURNALS

Studies have shown that a daily practice of gratitude boosts mood and overall happiness. We'd like to see everyone – staff and people supported – get involved in keeping track of the good things that happen throughout the day. Use a book or lined paper you have at the location (go ahead and decorate it!) as your Gratitude Journal.



Some ideas to get you started include:

- What made today a great day?
- What did you do today to stay focused on the positive?
- How did you lift up others today?

Share entries from your Gratitude Journal to motivate others and remind everyone that we are **#INTHISTOGETHER**. Send entries to nkristy@communitylivingessex.org to have entries shared within the agency and on social media.

Please direct any questions to your manager.