## LIVING WELL WITH CHRONIC ILLNESS

## **Gratitude Journal Getting Started**

Gratitude is one gift we can give to ourselves to help us move along on the journey of healing our hearts, minds and spirits. Sometimes it is difficult to find anything to be thankful for. It may sound impossible. To help you with making an attempt at developing an attitude of gratitude, please take a few minutes during the day to write down something, some situation or someone you are grateful for today. It is a tool for you to use to learn about yourself. Take it home. Use the worksheet whenever you want a lift, to find something good. Try to write three things each day.

Today I am grateful for:	