We have chosen to not only create prompts for you to fill out, but we have also included area for you to write about what you are grateful for each day. We believe that thinking about what you are grateful for each day will help bring positivity to your life. Why do we think this?

Gratitude is the feeling of appreciation and thanks. Those who practice gratitude, through consciously acknowledging the “good” in their life, have been linked to having improved overall wellbeing.

Over the course of multiple studies Dr. Robert Emmons, and his colleagues, have concluded that people who practice gratitude with a journal show positive side effects in there physical, social, and emotional life, after just three weeks of use (Emmons, 2010). Participants in the today, ranging from ages eight to 80, had effects such as lower blood pressure, longer/deeper sleep, more optimistic out looks, and showed signs of being more forgiving and feeling less lonely (Emmons, 2010).

We understand that keeping a journal can feel like more of a task than relaxing at times. Our hope is that you can use our prompts when the timing feels right. Use these prompts to decrease the world suck and remind, incase you forget, that you’re are awesome. Thank you for starting our journey with us and we hope you stick around. DFTBA.
What are you grateful for today?

What is something you find absolutely remarkable?
What are you grateful for today?

Are you more of a Hank or a John? Why?
What are you grateful for today?

List five things you like about yourself and your reasons why.
What are you grateful for today?

What is one thing you can do to become the person you hope to be?