



Self Esteem Experts

www.self-esteem-experts.com

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WWW.SELF-ESTEEM-EXPERTS.COM

GRATITUDE JOURNAL – GRATITUDE LIST

Instructions:

- ✓ Print Gratitude Journal – Gratitude List Worksheets and each day write what you are grateful for. (Or use a special personal journal.)
 - ✓ Keep your completed **Gratitude Journal** handy. The next time you are feeling low self esteem and a lack of gratitude, read and add to your **Gratitude List**. Then notice your attitude change.
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DATE: _____

LIST 5 THINGS YOU ARE GRATEFUL FOR. BEGIN EACH ITEM WITH THE WORDS:
I AM GRATEFUL FOR:

- 1.
- 2.
- 3.
- 4.
- 5.

WRITE 1 ITEM YOU HAVE NEVER BEFORE EXPRESSED GRATITUDE FOR:

SEE OUR COMPLETE LIST OF [SELF ESTEEM ACTIVITIES](http://WWW.SELF-ESTEEM-EXPERTS.COM/SELF-ESTEEM-ACTIVITIES.HTML) (WWW.SELF-ESTEEM-EXPERTS.COM/SELF-ESTEEM-ACTIVITIES.HTML)

HAVE QUESTIONS OR SCHEDULE A FREE 30 MINUTE COACHING SUPPORT SESSION
CONTACT US AT SUPPORT@SELFESTEEMEXPERTS.COM

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