Gratitude Journal

Name: Shannon Hunt

Date	I am grateful for…	Why am I grateful for this?
21/05/2023	My clean sheets	It was nice knowing I could get into a clean bed tonight
22/05/2023	Filling up my water bottle	I didn't need to worry about it later on
23/05/2023	My garden	It brings me joy when new flowers emerge
24/05/2023	My husband	He made life easier today
25/05/2023	My cat	She gives the best cuddles and makes me feel loved
26/05/2023	My bed	I am extremely tired today.
30/05/2023	My friends	They make me feel heard and loved
31/05/2023	Someone paid for my coffee	Showing me that there are still kind people in the world
02/06/2023	My therapist	She is someone I can talk to about anything

Additional Notes:

Talk with therapist about 28/05/2023