

Gratitude

Gratitude is defined as the **quality of being thankful; readiness to show appreciation for and to return kindness.**

With gratitude, people acknowledge the **goodness in their lives.** In positive psychology research, gratitude is **strongly and consistently associated with greater happiness.** It helps people feel more **positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.**

You can use a gratitude journal with prompts each day to practice gratefulness, but you can also make your own journal and use the daily prompts below.

*Check out this video if you want to make your own journal:
tiny.utk.edu/GratitudeJournal*

Day 1: June 28 - Someone you're thankful for

Day 2: June 29 - Something that makes you smile

Day 3: June 30 - A food you love

Day 4: July 1 - Something unique about yourself

Day 5: July 2 - Something funny

Day 6: July 3 - A favorite animal

Day 7: July 4 - Something happy