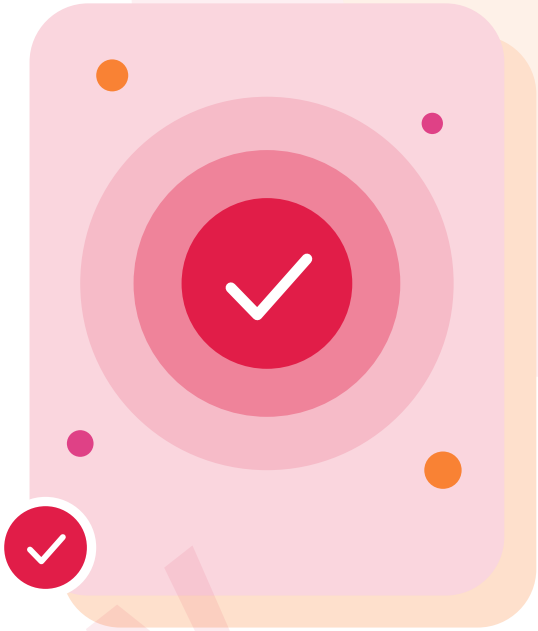
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Daily Gratitude for Wellbeing



Practicing gratitude daily enhances mental health, reduces stress, and fosters positivity. Use this checklist to build a gratitude habit.

10 steps · Print-ready A4

NAME	START	TARGET DATE

1 **Start a Gratitude Journal**

Write down 3 things you're grateful for each morning or evening to set a positive tone.

TIP *Be specific, like "I'm grateful for the laughter I shared with a friend today."*

2 **Reflect on Challenges**

Identify what you've learned or gained from difficult situations to reframe them positively.

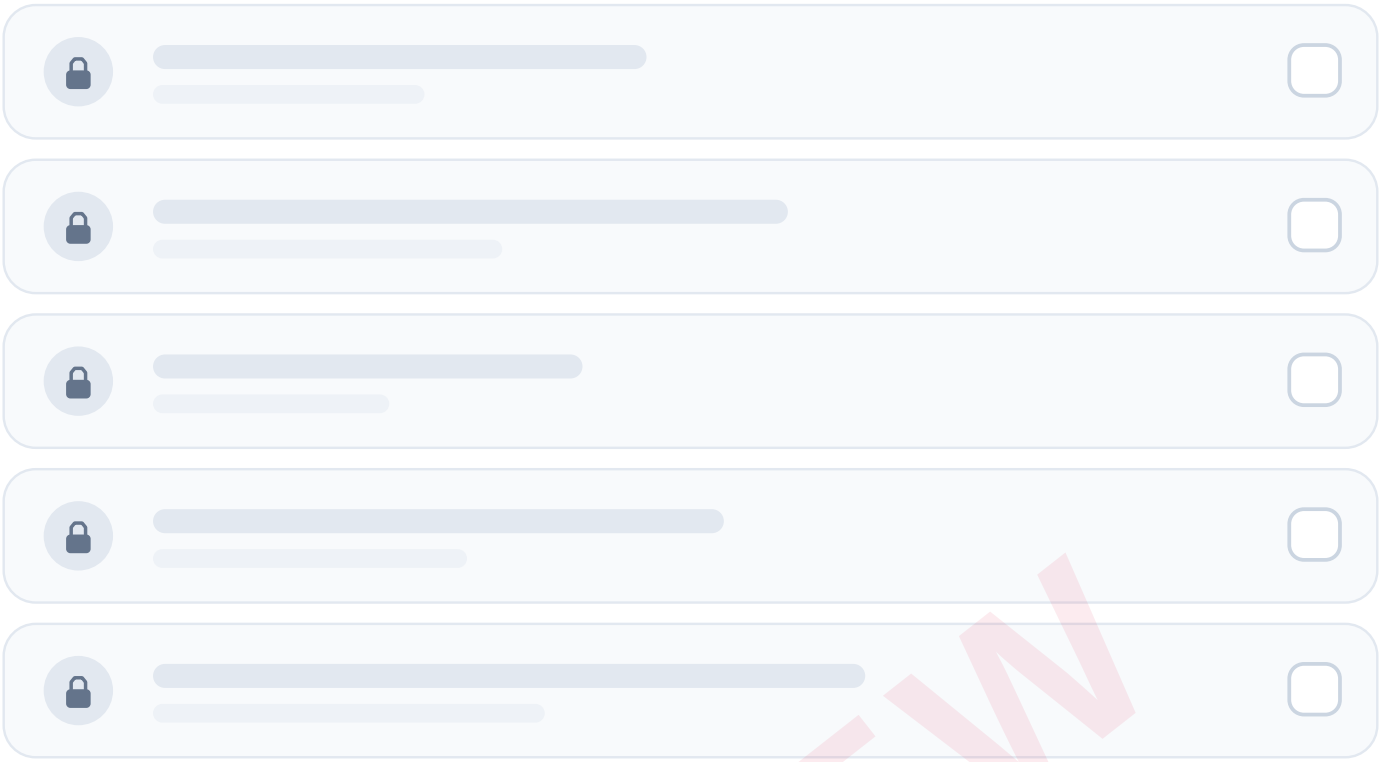
EXAMPLE *"That setback at work taught me patience and problem-solving skills."*

3 **Express Gratitude to Others**

Thank a friend, colleague, or loved one in person, through a note, or via text to strengthen relationships.

TIP *Include details about why you're grateful to make your message more meaningful.*

PREVIEW



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