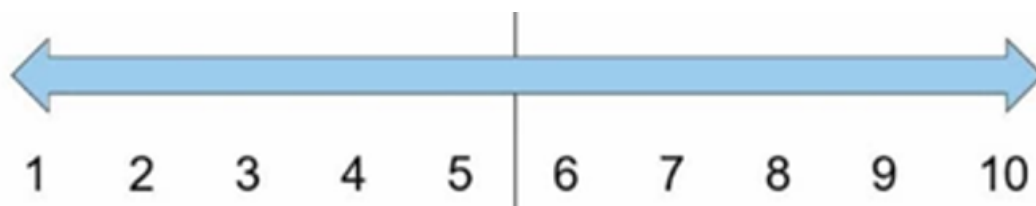


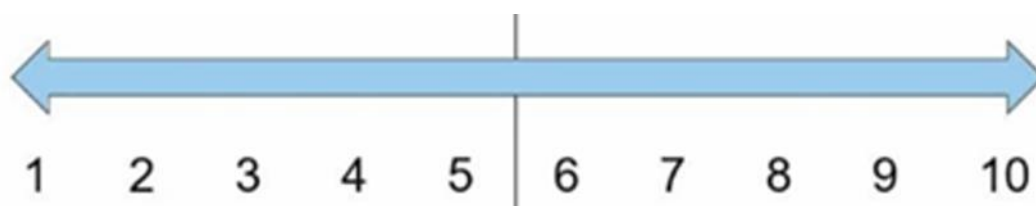
Weekly Gratitude Diary

Practising Gratitude is important for developing optimism and a growth mindset. Use the rating scale below to scale how 'Optimistic' you feel today. Then complete your diary for 1 week



Day	Someone I feel thankful for today	Something I feel thankful for today	One good thing that happened today	A skill I developed or learnt today that I feel grateful for
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Once you have finished your week's diary complete the optimism scale again



What is one way you can continue to practise gratitude each day?

How do you think practicing gratitude will help you to think more positively about your future?
