

Gratitude Journal

Writing a list of positive things down at the end of the day, lowers one's stress-level and help them relax at night.

Gratitude prompt 1: Write down three positive things that happened with your family and be detailed as possible. Remembering positive things that happened in the day, improves mood and increases motivation.

Gratitude Prompt 2: Describe the thing or situation you look forward to daily. Sharing what gives you joy – such as coffee with a co-worker or a collaboration meeting you enjoy participating in – anything that gives us joy and strength to move forward.

Gratitude Prompt 3: What is something you learned this week that you are thankful for? Seize the moment and learn something new.