

Date: _____ Location of writing: _____

Just Breathe

Today's journal entry is sweet and simple. Profound and deep and enriching and happifying.

Write down 10 things that you appreciate and feel gratitude for.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Consider reaching out to someone and tell them what you appreciate about them. Give them an example of why they are special and endearing to you and tell them how you feel when you think of them. This little gift may very well mean the world to that person today. It will only take a moment to text, email, call, or write a note and pop it in the mail.

Be the difference in someone else's day today.