

Daily Appreciation

Practicing gratitude by choosing three things each day that you feel thankful for, no matter how small or big, can shift your mindset to a more positive and optimistic outlook, reduce stress, anxiety, and depression, and enhance your overall sense of well-being.

DAY	1	2	3
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Choose gratitude items that can be related to any aspect of your life, big or small, such as health, relationships, job, hobbies, or nature. Focusing on these good things intentionally can shift your mindset to a more positive outlook and reduce stress, anxiety, and depression.

