

Today I am Grateful

Research shows that maintaining a gratitude journal can help reduce stress, enhance sleep quality, and even boost heart health. We encourage you to make it a habit to jot down a few things you're grateful for, either every morning or at the start of each week, and carry those thoughts with you throughout the day. Try these prompts for inspiration:

- Your spouse
- Your children
- Your home
- Your town
- Your state
- Your country
- Your work
- Skills you have learned
- Someone who taught you
- Co-workers
- Hobbies you enjoy
- Friends
- Your parents
- Your grandparents
- Your aunts, uncles, cousins
- Your neighbors
- God
- The Bible or a special book
- The place you grew up
- A favorite food
- Coffee!
- Sleep
- Love, Joy, Peace, Patience
- Kindness shown
- Forgiveness received
- Hard Work
- Veterans and First Responders
- Utility Workers (garbage/power)
- A favorite Coach
- A favorite Sports team
- Days Off
- Holidays
- A Challenge Accomplished
- A Goal not yet Accomplished
- A lesson learned
- A Favorite Vacation
- A Relaxing Place
- Peace in a tough situation
- Healing from sickness
- Games
- Laughter
- Music
- A favorite Book, or Movie
- Technology or a favorite Gadget
- Good Weather or Bad Weather
- Stars, Space, Sunrises or Sunsets
- Air to breathe, water to drink
- Plants, Trees, or Gardening
- Dirt and Soil
- Cleanliness and Soap
- Heat/AC at the touch of a button
- A bill that has been paid
- Freedom, Rights, Responsibilities
- Good Habits and Self-control
- Pets or a favorite Animal
- Seeing, Hearing, Feeling
- Moments of silence
- Time
- Memories
- Hope