

Daily Gratitude Diary

*This diary is a tool for transformation and self growth. By filling it in consistently, you will develop a **thankful** and **positive** state of mind.*

Write down three things you are thankful for every hour of every day.

After 90 days, you can reduce it to once a day.

Date: 27th January, 2015

Write down three things that you are grateful for right now:

9:00am – I woke up healthy; sun is shining; food to eat

10:00am – My brain is working; fingers moving; eyes can see

11:00am – Time without baby; comfortable chair; air conditioning

12:00pm – Lunch to eat; sun is shining; work to do

1:00pm – Learned something new; joked with a friend; have friends

2:00pm – Only 1 hour left of work; finished a project; can contribute

3:00pm – Have children; have a car; the car works

4:00pm – Chatted to children; able to care for them; home for all of us

5:00pm – We have running water; water is heated; soap to get cleaned

6:00pm – There is food for dinner; space to do homework; we love each other

7:00pm – Beds to sleep in; warm blankets; electricity

8:00pm – Adult time; books to read; time to unwind