

Guided Journaling Exercise



Just Say Thank You!

Pay attention to any situations this week that you may feel are not going your way. If you feel yourself beginning to think negatively, say out loud "Thank You!" from a place of gratitude. What positive thoughts came to your mind by practicing this? What are you grateful for? Write down your thoughts and experiences.

After a week of saying "Thank You" after these situations occurred, how has your mindset changed? Write down your thoughts.