



*Rebecca Ronane*  
Forward after Fifty



## GRATITUDE DIARY

Use this tool to focus on the good things happening in your life.

Today's Date .....

What three things are you grateful for today? (Be very specific.)  
e.g. A person who helped you, something you saw in nature, a good night's sleep.

Thinking about your five senses - What did you see, hear, feel, touch and taste that made you feel grateful today?



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**What good words did you hear today?**

**What's the best thing that's happened to you today?**

**The more you practice gratitude, the more things you will find to be grateful for.**

**Continue the practice for 30 days and notice how much better you feel.**