**Gratitude Diary**

***Enter three positive things that have gone well and their causes in the day in the boxes provided.***

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Positive 1** | **Positive 2** | **Positive 3** |
| **Example Day** | ***1. Positive thing=*** *I met some new people who I got on with really well.****Caused by:*** *I made an effort to speak to new people outside the lecture room when we were waiting to get in. It would have been easy no to bother as I am quite shy but making the effort made me feel good.* | ***2. Positive thing=*** *I managed to deal well with a disagreement between friends* ***Caused by:*** *I was able to stay calm and think things through and made everyone see sense. I felt I can do this..* | **3.** *I managed to get a lot of reading for my course completed today****Caused by:*** *I took the time and made the effort to go to the library instead of sitting with my friends drinking coffee. I now know things I didn't before and feel more in control.* |
| Monday | ***1. Positive thing=******Caused by*** | ***2. Positive thing =******Caused by***  | ***3.Positive thing =******Caused by*** |
| Tuesday | ***1. Positive thing=******Caused by*** | ***2. Positive thing =******Caused by***  | ***3.Positive thing =******Caused by*** |
| Wednesday | ***1. Positive thing=******Caused by*** | ***2. Positive thing =******Caused by***  | ***3.Positive thing =******Caused by*** |
| Thursday | ***1. Positive thing=******Caused by*** | ***2. Positive thing =******Caused by***  | ***3.Positive thing =******Caused by*** |
| Friday | ***1. Positive thing=******Caused by*** | ***2. Positive thing =******Caused by***  | ***3.Positive thing =******Caused by*** |
| Saturday | ***1. Positive thing=******Caused by*** | ***2. Positive thing =******Caused by***  | ***3.Positive thing =******Caused by*** |
| Sunday | ***1. Positive thing=******Caused by*** | ***2. Positive thing =******Caused by***  | ***3.Positive thing =******Caused by*** |
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