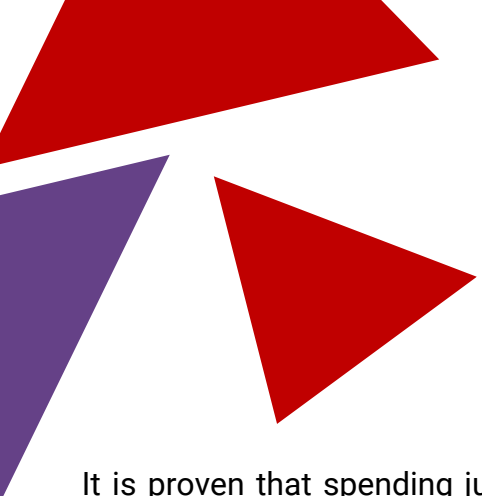


# GRATITUDE JOURNAL

*3-Minutes to a More Positive Outlook*





# GRATITUDE JOURNAL

## *3-Minutes to a More Positive Outlook*

It is proven that spending just three minutes per day digging deep and truly feeling grateful for what you have actually changes your brain! Expressing this genuine gratitude daily improves your psychological health, self-esteem, and empathy towards others to build a more positive mindset moving forward. It is even a proven tool that can help overcome past trauma ([Forbes](#)).

*Over the next month, use the lines below to get into the habit of spending three minutes each day in a state of genuine gratitude!*

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