

month:

Monthly Gratitudes

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|-----|-----|
| 1. | 21. |
| 2. | 22. |
| 3. | 23. |
| 4. | 24. |
| 5. | 25. |
| 6. | 26. |
| 7. | 27. |
| 8. | 28. |
| 9. | 29. |
| 10. | 30. |
| 11. | 31. |
| 12. | |
| 13. | |
| 14. | |
| 15. | |
| 16. | |
| 17. | |
| 18. | |
| 19. | |
| 20. | |

Write one thing you are grateful for each day next to the corresponding date. Gratitude can release feel-good neurotransmitters like dopamine, which can decrease stress. Regularly expressing gratitude can also decrease anxiety and depression, improve sleep quality, strengthen resilience, and improve overall health. That's a lot of bang for your buck to just express and practice gratitude!