 **Family Health Challenge: Manage Stress Better**

**Daily Gratitude Journal**

**SOMEONE I AM GRATEFUL FOR**

**WHAT I AM GRATEFUL FOR**

1 1

2 2

3 3

4 4

5 5

**SOMETHING STRESS-RELEIVING I CAN DO FOR MYSELF TODAY**

1

2

3

4

5

1

2

3

4

5

1

2

3

4

5

1

2

3

4

5

**SOMETHING I AM LOOKING FORWARD TO TOMORROW**

**THE HIGHLIGHT OF MY DAY**

**OBSTACLES I AM LEARNING FROM**