



I Am Grateful Today...

Studies have shown that keeping a gratitude journal improves your overall health. There is no right or wrong way to keep a gratitude journal, but we've created this page with some prompts that might help you reflect on your day and the blessings you encountered.

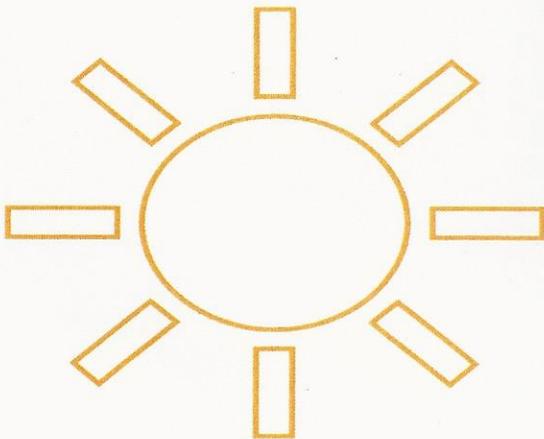
Relationships For Which I Am Grateful:

- 1.
- 2.
- 3.
- 4.

People Who Improved My Day Today:

- 1.
- 2.
- 3.
- 4.

One Overlooked Blessing from Today:



One Difficult Moment That Was Also An Opportunity to Grow:



Things I'm Grateful I Learned or Experienced Today:

- 1.
- 2.
- 3.
- 4.

Positive Things About My Health and/or Body I Noticed Today:

- 1.
- 2.
- 3.
- 4.

The Best Thing That Happened Today:

I Am Simply Grateful For:

Now that you've reflected on your day, we encourage you to make a thank offering to God for all of these blessings in your UTO Blue Box. Thank you! To learn more about UTO or ways to develop your gratitude practices, please visit: www.episcopalchurch.org/uto