

gratitude

the secret path to
happiness

Noticing what's good can calm
the mind and lift the mood

and it doesn't mean we should ignore the hard
things · but we can pause to see

the steady · the kind · the beautiful

Why it helps

Boosts mood
and motivation ✓

Reduces stress
and negative thinking ✓

Feel congruent, ✓
grounded and reminded
of what matters

How to start

“One thing that supported me today was”
“Today I am grateful for”
“A small joy I noticed”

one thing is enough

keep it simple

be specific

don't force positivity

gratefulness

A deep breath that helped me reset
Someone who made me feel seen
A quiet moment in a loud day
A cozy book or familiar show
A warm drink, soft light or kind word

all parts are
welcome

one day at a time

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