**Reach Your Peak**

**With This Gratitude Journal**

This *Gratitude Journal* is meant to help us focus on bringing awareness to all that we are grateful for in our lives. We encourage you all to take some time each morning and evening to appreciate the good things in your life!

In the morning you can write your daily affirmations for the day. In the evening you can record the things that happened during the day for which you are grateful.

Why? Because when we are awake to and aware of the good things in our lives, we enjoy life so much more, and that enjoyment contributes to our well-being.

**An Example**

**I am grateful for...**

* My Reach Your Peak walking team members
* My commitment to walking and to keep moving
* My goal to spend time outside
* My good health
* My resilience and commitment to self-care
* My closest friends and family support
* My ability to love others

**What could make today great?**

- Going for a walk in nice weather or rain

- Exercising for a few minutes instead of sitting

- Talking to a friend or family member

- Listening to my favorite music

**Daily affirmations**

- I reflect on my achievements -- big and small

- I accept myself for who I am

- I create peace, power, and confidence in mind and heart

- I will come out of a week stronger than before.

**Signature:**

**Today’s Date:**

**My Gratitude Journal**

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**For Me**

**I am grateful for...**

**What could make today great?**

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**Daily affirmations**

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**Signature**

**Date**