GRATITUDE *Log*

Gratitude doesn't mean pretending everything is fine.
It's about noticing small positives, even on difficult days.

Try this once a day or once a week **Small wins count**

Write down:

- One thing that went well today
- One thing you're grateful for (big or small)
- One thing you did for yourself

Examples:

- "I showed up, even when I didn't feel like it."
- "I slept better than yesterday."
- "I took a rest day without guilt."