Gratitude Journal

Keeping a journal of the things that you are grateful for can reduce stress, increase happiness, and improve self-esteem. Use these journaling prompts to explore, in detail, why you’re grateful.

Someone whose company I enjoy...

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The best part about today...

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A reason to be excited about the future...

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Gratitude Journal

Keeping a journal of the things that you are grateful for can reduce stress, increase happiness, and improve self-esteem. Use these journaling prompts as a guide to explore, in detail, why you’re grateful.

Something beautiful I saw...

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Someone who I admire...

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A fun experience I had...

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The Brigance Brigade Foundation (BBF) is a 501(c)(3) nonprofit with the mission to equip, encourage and empower people living with ALS (PALS). At the BBF, we understand that PALS are best served when caregivers have the opportunity and tools to take care of themselves. 95% of the primary caregivers in our network are the spouse or child of the PALS. Programs under the umbrella of Chanda’s Caregiver Corner, recognize and celebrate these special relationships of PALS and CALS. BBF is proud to be a resource for caregivers and families by providing resources and community to those fighting alongside their loved ones.
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An act of kindness I witness or received...

An unexpected good thing that happened...

Something that I enjoy...