



Gratitude and Anticipation Experiment

Day No:

Gratitude (evening):

What was I grateful for today? To whom was I grateful?

| | |
|---------------|----|
| Things | 1. |
| | 2. |
| | 3. |
| People | 1. |
| | 2. |
| | 3. |

Anticipation (morning):

Today, I'm looking forward to:

| |
|----|
| 1. |
| 2. |
| 3. |

Notes:

