

Gratitude Reframe

Goal: Log 3 gratitude items nightly for 7 days.

Day	Gratitude Item (What + Why)	Gratitude Item (What + Why)	Mood After (0-10)
1.			
2.			
3.			
4.			
5.			
6.			
7.			

Instructions: For each entry, write one sentence for 'What' (e.g., "Barista remembered my name") and one for 'Why' (e.g., "It made me feel seen"). Then rate your mood after the entry (0-10).