

# 5 Journal Prompts on Gratitude

WORLD MENTAL HEALTH DAY

Tuesday, October 10, 2023



Research shows that starting the day with gratitude can have a positive impact on overall outlook and mental health. With this in mind, The Renfrew Center is offering a journal prompt to encourage the practice of gratitude on World Mental Health Day.

## Reflect on the following:

- What are you grateful for in your life? Examples include: relationships, opportunities, health, resources, privileges, safety, etc.
- What do you appreciate about those concepts?
- Was there a time in your life you did not have the things that you do today? If so, what is it like to have something now that you wished for earlier in life?
- Take a moment to reflect - how have you arrived at this point in your life?
- How can you bring the strength, resourcefulness and resiliency to current challenges you are experiencing?

**Be grateful for what you have. Be proud of how you got here.  
Know you can navigate your current challenges just as you have before.**



For more information, please visit:

[www.renfrewcenter.com/world-mental-health-day-2023](http://www.renfrewcenter.com/world-mental-health-day-2023)

#WorldMentalHealthDayWithRenfrew #RenfrewRecharge

