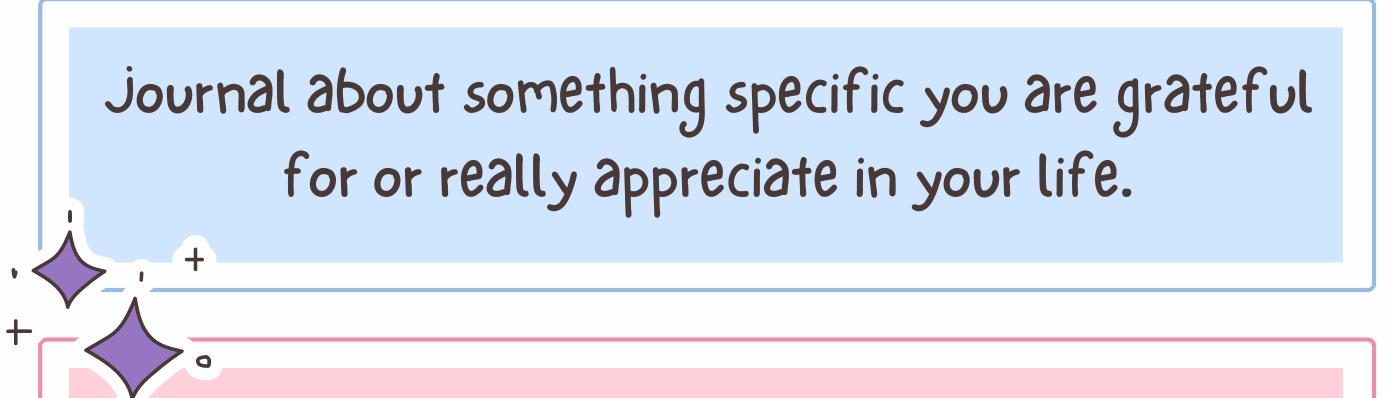


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keep a gratitude journal & make time each day to write 3 things you are grateful for.

Keep a gratitude journal & make a commitment to write in it at least once a week.



In your gratitude journal use the 5 senses as prompts e.g., something you see or hear.

Start an end-of-work routine of pausing as you leave & noting one thing you appreciated that day.