

GRATITUDE WITHOUT TOXIC POSITIVITY

1 What was one genuinely good moment today?

quiet smile



2 Who made today a little easier?



3 What ordinary thing did I appreciate more than usual?



4 What do I have now that an earlier version of me wanted?



5 What part of my life deserves more attention?



6 What am I grateful for without needing to make it bigger than it is?



7 What made me feel connected today?

or a shared pet



8 What small comfort did I almost overlook?

