Train your mind to practice gratitude in everyday life! Build these lists and display this sheet in your home or office to catalogue your happy, grateful, and proud moments. By bringing attention to these categories, you'll recognize these situations more easily in your life. Also, have fun adding to this list when you notice new happy moments!



Happy List		Grateful Memories	Proud Accomplishments	Wildcard
Moments and situations which make you organically smile, laugh, chuckle, breathe a sigh of relief, and/or relax with joy.		Memories which make you smile and/or get teary-eyed.	Achievements which make you realize that you're a badass!	Catalogue your own memories which you want to remember.
Examples: seeing the car after a long hike, cutting fingernails after them being too long, skiing in fresh powder, placing the final jigsaw puzzle piece, etc.		Examples: celebrations, vacations, quirky experiences, etc.	Examples: athletic victories, awards, successful events, big projects, etc.	Examples: moments of intense laughter, memorable "I love yous," etc.

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