

# Gratitude Journal

Keeping a journal of the things for which you are grateful has been shown through research to have a positive effect on your mood and overall wellbeing. Journaling about gratitude helps decrease stress, increase happiness, and improve sense of self-worth. Journaling on a daily basis is a great goal. If you are new to journaling, start with aiming for 2-3 times per week until you get into the habit.

## Journaling Tips

- Try not to rush or place pressure on yourself to journal quickly. Instead, set aside 10-20 minutes and give yourself time to reflect.
- Writing about people and experiences tends to be more powerful than writing about things.
- Include details. For example, rather than writing that your partner is loving and caring, write about how they bring you tea each morning, with the perfect amount of cream and sugar.
- Keep your journal somewhere easily accessible and visible.
- Set a reminder on your phone if you need some additional structure to get into the habit of journaling.

## Gratitude Topics

1. Morning gratitude: Before you start your day, make a gratitude list with 5 items.
2. Evening gratitude: Before you go to bed, make a list of 5 positive things that happened today.
3. Learning from challenges: Identify 3 obstacles in your life and what you are learning as you persevere through them.
4. People: Identify 5 people who made your life a little better today. They can be friends, family, coworkers, or even strangers. **Optional activity** - send a thank you note to someone letting them know why you appreciate them.
5. Memories: Describe (in detail) one of your favorite memories from special events, vacations, or cherished moments.
6. Reframe something you take for granted. Notice some things you have access to in your life that you usually take for granted (e.g. clean water, healthy food, a comfortable bed). Write about the ways these everyday things help you have a life worth living.
7. Think about beauty in the world you've observed recently. It could be something you saw in nature, artwork, music. Write about the emotions it evoked.

## Sample Writing Prompts

A reason to be excited about the future...

A valuable lesson I learned...

Someone I admire...

And act of kindness I observed or received...

Something I did that made me feel proud...

My favorite part of today...

A talent or ability I have...

My happiest childhood memory...

I mistake I made that ultimately led to a positive experience...

One person I can always rely on...

A hobby or activity that always brings me joy...

The best teacher I've ever had...

My favorite place I've ever been...

One way I can pamper myself in the next 24 hours...

Something other people notice about me and compliment...

Gratitude Journal for week of: \_\_\_\_\_

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	