

## **Gratitude Journal**

Gratitude is the appreciation of what is valuable and meaningful to oneself and represents a general state of thankfulness and/or appreciation. We can become more grateful through practice. There is a good evidence that the practice of gratitude leads to increases in physical and mental well-being.

### ***How to keep a gratitude journal***

- **Write it down.** Keep a record so you can review it.
- **Be specific.** The more specific you are the better.
- **Savour surprises.** Recording events that were unexpected or surprising tend to elicit stronger feelings of gratitude.
- **Set your intention.** Your motivation to be happier plays an important part in your development of gratitude.
- **Be consistent.** Once you have set your intention to record things you are grateful for honouring your intention by sticking to it.

### ***How to keep consistent***

- Plan to write in your gratitude journal every night for 15 minutes before bed. Set an alarm reminder on your phone or schedule it in your calendar.
- Keep your gratitude journal by your nightstand so you will see it before going to sleep and remember to jot down what you are thankful for.
- Your gratitude journal doesn't have to be deep. What you are thankful for can be as simple as "family" or "the new book or movie I recently enjoyed" or "this morning's breakfast."

*What are you grateful for today?*



## **Weekly Gratitude Journal**

### **Monday**

- 1.
- 2.
- 3.

### **Tuesday**

- 1.
- 2.
- 3.

### **Wednesday**

- 1.
- 2.
- 3.

### **Thursday**

- 1.
- 2.
- 3.

*Please feel free to use blank paper or the worksheet provided*

*What are you grateful for today?*



**Friday**

- 1.
- 2.
- 3.

**Saturday**

- 1.
- 2.
- 3.

**Sunday**

- 1.
- 2.
- 3.

*Please feel free to use blank paper or the worksheet provided*