Gratitude Journal

Keeping a journal of the things you're grateful for has been shown to have a powerful effect on mental wellbeing. Among other benefits, journaling about gratitude reduces stress, increases happiness, and improves self-esteem.

Instructions: Two times a week, write a detailed entry about one thing you are grateful for. This could be a person, a job, a great meal with friends, or anything else that comes to mind.

🎯 Journaling Tips

• Don't rush to write down the first thing that comes to your mind. Take time to truly think about what you're grateful for. Expect each entry to take between 10-20 minutes.

• Writing about the people who you're grateful for tends to be more powerful than writing about things.

• Explain, *in detail*, why you're grateful. For example, if you're grateful for a friend who is nice, describe what they do that's nice, and why that makes you grateful.

• Aim for two solid entries each week. Keep your journal somewhere you'll see it, and plan when you can write. Set an alarm on your phone if you might forget.

📚 Journaling Prompts

Note: The use of prompts is optional. Feel free to write about anything for which you are grateful.

Someone whose company I enjoy…	A fun experience I had…
The best part about today…	An act of kindness I witnessed or received…
A reason to be excited for the future…	Someone I can always rely on…
A valuable lesson I learned…	Something I can be proud of…
Someone who I admire…	An unexpected good thing that happened…
Something beautiful I saw…	An experience I feel lucky to have had…

Gratitude Journal

Entry #1	Date:

Entry #2	Date:

Gratitude Journal

Entry #3	Date:

Entry #4	Date: