

Gratitude Journal

Today I am grateful for:

1.

2.

3.

Notes: 1. Considering writing briefly about *why* you are grateful as well as what or who you are grateful for.

2. Each day, try to reflect on and write down at least one feeling of gratitude that is new or unique (i.e., that you have not expressed appreciation for before).

3. Can you try to consciously reflect or write about your feelings of gratitude on a regular basis (daily, or 3x/week, or weekly)?

4. Try sharing your feelings of gratitude with someone else, especially if it involves that person.

5. Try to be aware of “gratitude surprises”—things that happened that you did not expect but for which you felt grateful.