

Gratitude Journal

A gratitude journal is a diary specifically for recording and reflecting on the things which you are grateful for on a regular basis. This can include people, places, objects, memories or events.

 Happiness
  15 Minutes
  Intermediate

Date	Event I Am Grateful For	Specifics	Why Am I Grateful?
19/01/2021	Mike (colleague) thanked me for my help on a project	Strict deadline; everyone was stressed; Mike said "I know everyone was on their last nerve today but I really appreciated you staying calm and helping me, it meant a lot"	Mike usually keeps to himself



Full Instructions

At the end of the day, before you get into bed, set aside some time (5 to 10 minutes) to think about and write down at least one thing you are grateful for that day.

This template will provide you with a basic framework for getting started. Once you have filled it all in you may wish to purchase an inexpensive gratitude journal/notepad, or create a file on your computer that is designated to recording your gratitudes.

REMEMBER: Whatever you write needs to be as *specific* as possible and *personally meaningful* to you.