



Gratitude Journal

Gratitude entails being thankful for what we have. Practising gratitude is known to have various positive benefits including better relationships, improvement in physical health, an increase in feelings of happiness, and self-esteem to name a few (Randolph, 2017).

- There are many ways you can make gratitude a daily practice. One of the easiest ways is to take a couple of moments every night before you go to sleep and note down three things that you're grateful for that happened that day. This could include relationships, something nice that happened, any nice deed that you were able to do, skills/values you possess, the resources you have, anything else that you're grateful for. Practice it for some time and see if it helps you.
- Also, on days that you're feeling especially grateful for the people in your life, you could write them a gratitude note/letter too.

Feel free to download this template and make it your own!

Monday: What am I grateful for today?

- 1)
- 2)
- 3)

Tuesday: What am I grateful for today?

- 1)
- 2)
- 3)

Wednesday: What am I grateful for today?

- 1)
- 2)
- 3)



Thursday: What am I grateful for today?

- 1)
- 2)
- 3)

Friday: What am I grateful for today?

- 1)
- 2)
- 3)

Saturday: What am I grateful for today?

- 1)
- 2)
- 3)

Sunday: What am I grateful for today?

- 1)
- 2)
- 3)