

Feeling Gratitude Journal

This worksheet is meant to help you become more aware of the positive things in your life. When you feel and express gratitude on a daily basis, you will become happier, more energetic and more confident.

It is recommended you complete this worksheet each day for a minimum of two weeks or until feeling and expressing gratitude becomes natural to you.

One NEW thing I am grateful for today...

5 more things I am grateful for today....

Something I need to express my gratitude for...

I expressed my gratitude today for...

GRATITUDE EXERCISE

Be Thankful. Thankfulness is an attitude that you can practice and develop. Cultivating gratitude as the norm in your life will make keeping a gratitude journal much easier.

Make it a rule to write down a certain number of things you are thankful for per day.

Avoid repeating the same things. This will make writing in the journal more challenging as time goes on, but that's how your awareness and thankfulness will grow. You'll be challenging yourself to find new things to be thankful for that perhaps you never noticed before.

Describe how you are grateful for yourself. You can start by feeling grateful to be alive at all. Then start writing about feeling grateful to have the body you have, even if you don't like everything. Avoid the trap of being grateful for something that is better than what *other people* have. Instead, compare whatever you are grateful for with how you would feel if you didn't have it at all.

Think about your abilities. You may start with basic abilities like your ability to see, your ability to hear, your ability to walk. Then progress to the extended abilities that are unique to you. Think about skillful things like dancing, singing, writing, and features that make up your character like your listening skills, your skills in cheering up people, your skills in being a good friend.

Consider the people in your life. Think about all the people you care about, like your parents, your friends, your significant other, your pets. Write about why you are grateful for each person and how they make you feel. This helps you to appreciate them and see only the good in them. It's also good to write about the people that you don't really like and find a reason to appreciate them. This can be difficult as we don't really appreciate people we don't like but it can be very uplifting. It is good in everyone and it's very mood shifting to find the good in even people we dislike and feel grateful for them.

Write about situations and experiences. There are always situations that have made us happy. For example, you may be grateful for a fun party, a good day at school/work, a fun vacation.
