



Gratitude Journal Template

Regularly expressing gratitude allows you to focus on the positive things in your life. Focusing on things you are grateful for allows you to relieve stress and, over time, changes your outlook on life to be more positive. There is also evidence of health-related benefits from being grateful, including having less physical pain, improved energy, lowered blood pressure, and decreased feelings of depression. Allow yourself a few minutes each day to reflect on what you are grateful for and notice the change in your overall mood and wellbeing.

| | |
|---|---|
| <p>MORNING GRATITUDE REFLECTION When you start your day, list 5 things you are grateful for (small things or big things)</p> <ol style="list-style-type: none">1.2.3.4.5. | <p>PEOPLE I'M THANKFUL FOR List five people who helped make your life better/happier today (friends, family, coworkers, strangers, etc.)</p> <ol style="list-style-type: none">1.2.3.4.5. |
| <p>WHAT I LEARNED FROM MY CHALLENGES TODAY List any challenging situations, interactions with people, or obstacles you encountered today, and reflect on what you learned.</p> <ol style="list-style-type: none">1. Challenge: What I learned:2. Challenge: What I learned:3. Challenge: What I learned:4. Challenge: What I learned:5. Challenge: What I learned: | <p>THE BEST PART OF MY DAY At the end of your day, reflect on a moment that made you happy or feel positive. Focus on the event, recalling details of it, to generate a positive feeling before you go to sleep.</p> <p>Positive Moment:</p> |