

Gratitude Journaling

More often than not, we feel gratitude for people and things around us when we feel indebted to them or when we have benefitted in some way. However, the true practice of gratitude aims to encourage deep reflection. Whilst gratitude itself won't change your life, reframing your outlook from negative to positive can.

Examples might include, being able to experience a sunset, enjoying good health, listening to music, having friends, being able to make choices on what you eat, having a hot shower in the morning, being able to connect to others via the internet and being able to make choices in a free society.



The Benefits

Gratitude has been shown to have a very strong positive impact on a person's level of happiness. It is associated with personal growth, autonomy, self-acceptance, positive relationships and having a purpose in life.

The thing about gratitude is you need to remind yourself regularly to be grateful in order to reap the benefits. Studies show those who reflect daily and come up with a list of things they are grateful for, are happier overall.



Create a Gratitude Log

A Gratitude Log is coming up with three things each day you are grateful for. You can set an alarm to prompt you to do this at a set time each day.

Start it now as a group and try it for two weeks – every day at the same time. Remember, just list 3 things you are grateful for.

It doesn't matter how small or frequently occurring the things you are grateful for are, it is more important that you make time to reflect on and appreciate them.




My Gratitude Journal

Use this template to help guide your gratitude practice over the next two weeks:

Day 1 Today I am grateful for...

- 1.
- 2.
- 3.



Day 8 Today I am grateful for...

- 1.
- 2.
- 3.

Day 2 Today I am grateful for...

- 1.
- 2.
- 3.

Day 9 Today I am grateful for...


- 1.
- 2.
- 3.

Day 3 Today I am grateful for...

- 1.
- 2.
- 3.

Day 10 Today I am grateful for...

- 1.
- 2.
- 3.




Day 4 Today I am grateful for...

- 1.
- 2.
- 3.

Day 11 Today I am grateful for...

- 1.
- 2.
- 3.



Day 5 Today I am grateful for...


- 1.
- 2.
- 3.

Day 12 Today I am grateful for...

- 1.
- 2.
- 3.

Day 6 Today I am grateful for...

- 1.
- 2.
- 3.



Day 13 Today I am grateful for...

- 1.
- 2.
- 3.

Day 7 Today I am grateful for...

- 1.
- 2.
- 3.

Day 14 Today I am grateful for...

- 1.
- 2.
- 3.