

# Gratitude Journal

Research shows that gratitude reduces stress, increases resilience, and strengthens relationships. This month, let's spend some time intentionally practicing gratitude.



## Gratitude List

To start, spend a few minutes listing out 10 things you're grateful for - anything goes, big or small. It can be people in your life, lessons you've learned, Then, record how you feel after spending a few minutes on this.

**How do you feel?**

# Weekly Gratitude Prompts

Revisit each of these prompts once a week for the rest of the month.



What 3 things happened this week that you are most grateful for?

This week, what did you do or accomplish that you are grateful for?

This week, what has someone else done for you that you are grateful for?

This week, what's something you learned that you are grateful for?

This week, what did someone else say to you that you are grateful for?

This week, what emotions did you feel that you are grateful for?

This week, what did you hear/smell/taste/feel that you are grateful for?

# Gratitude Reflections

At the end of the month, take time to think about how practicing gratitude has affected you.



Have you noticed any changes in your mood or outlook this month?

Are there any things in your life you were taking for granted that you are now appreciating?

Has practicing more gratitude improved your relationships this month?