

Gratitude Journal Template

TheJoyWithin.org

Instructions: Write down 3-5 things you are grateful for. Try to write a few sentences for each entry, rather than a bulleted list.

1. What was the best thing that happened in the last 24 hours?

Example: This could be as simple as enjoying a few moments of sunshine on your way to work, or cooking a delicious, healthy meal.

2. Who is someone you are thankful to have in your life?

Example: Think of someone who cares about you and shows you how they care through small actions: a simple phone call, birthday card, or even just a smile.

3. What is the most important thing in your life, right now?

Example: Describe something that is going well for you: maybe you like your career, your family is doing well, or you have vibrant, radiant health. Pick one thing and write several details.

4. What is something you take for granted in everyday life?

Example: If you live in a developed country, you probably have running, potable water. You use it every day to drink, clean, shower, use the bathroom, cook, etc. Feel into how lucky you are to live somewhere that has instant access to clean water.

5. Describe a current or recent memory of nature: a nice view, plant or animal.

Example: What flowers are in bloom in your neighborhood? Did you pass any adorable dogs recently, or see a bird outside the window?
