

Gratitude Journal

Summary

Keeping a journal of gratifying experiences is a key to living a more full-filled life. There's no wrong way to complete a Gratitude Journal. But here are a couple of pointers to help you get started.

Use the Gratitude Journal to record 5 things you are grateful for each day. Identify 1 extra item each day that you've never expressed gratitude for before. Keep this journal handy and reference at a moment of low self esteem, or are struggling to feel thankful. Read through previous entries and take note of any emotional shifts.

Date	Today, I am grateful for...	Something I need to express gratitude for...
	<ol style="list-style-type: none"> 1. 2. 3. 4. 5. 	
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