

Gratitude Journal




10 Minutes a Day



Record and reflect on the things you are grateful for on a daily basis.

Date	Event I am grateful for	Specifics	Why am I grateful?
19/02/2021	<i>Mike (my colleague) thanked me for my help on an important project</i>	<i>Strict deadline; everyone was stressed; Mike said: "Everyone was on their last nerve today, but I really appreciated you staying calm and helping me."</i>	<i>Mike usually keeps to himself and it was really nice to feel appreciated by him</i>



At the end of the day, before you get into bed, set aside some time (5 to 10 minutes) to think about and write down at least one thing you are **grateful for** that day.

This template will provide you with a basic framework for getting started. Once you have filled it all in you may wish to purchase an inexpensive gratitude journal/notepad, or create a file on your computer that is designated to recording your gratitudes.

REMEMBER: Whatever you write needs to be as specific as possible and personally meaningful to you.