

# 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	Mike (my colleague) thanked me for my help on an important project	Strict deadline; everyone was stressed; Mike said: "Everyone was on their last nerve today, but I really appreciated you staying calm and helping me."	Mike usually keeps to himself and it was really nice to feel appreciated by him

# Instructions



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.