



Gratitude Journaling

Developing an attitude of gratitude for the people, things, and events in your life is effective for strengthening your emotional resilience. This skill may be used daily; many people benefit from taking a minute at the same time each day to express gratitude. You may also find it helpful to focus on gratitude in moments when negative thoughts are overwhelming.

Consider the following tips for gratitude:

- Try to vary your entries. Focus on a wide range of topics and people.
- Be as specific as possible. Instead of saying you are grateful for your partner or friend, explain that you are grateful because your partner or friend said or did something.
- Make it personal. Zero in on your community, namely the family, friends, schoolmates, and/or coworkers who make up your daily life. You will get more out of your gratitude practice by focusing on people rather than things.
- Include the little details. A small, detailed record is more effective than a long, surface-level list, so expand in detail on why you are grateful.

Date: _____

I feel grateful for: _____

Date: _____

I feel grateful for: _____

Date: _____

I feel grateful for: _____

