

Gratitude

Journal

Property of:

Why Gratitude?

Life can be challenging. On days when nothing seems to be going your way, it can be particularly difficult to recognize aspects of your life that you appreciate. It is during these difficult times when practicing gratitude can be the most helpful.

Practicing gratitude isn't just about feeling appreciative when things are going well. It's about acknowledging what you have, instead of focusing on what's missing. It's about the glass half full rather than half empty. You may be struggling with school or a relationship, but chances are there is some area in your life in which things are going well...or, perhaps, not as badly.

When you start looking for something to appreciate, the odds are higher that you'll find it. Doing this can have powerful effects on your mood and the way you see your life.

Research shows that practicing gratitude deepens relationships, increases happiness and improves physical and mental health. People who practice gratitude are less focused on competing with others, which allows them to focus on their own contentment.

While society seems to promise that a prestigious internship or a new gadget will bring happiness, gratitude is an invitation to be happy with what you already have. Gratitude helps you savor the good things in life—big and small—so that you don't miss them in pursuit of the elusive next big thing.

Using This Book

Studies have found that grateful writing, which you can practice in this journal, can improve your well-being in meaningful ways.

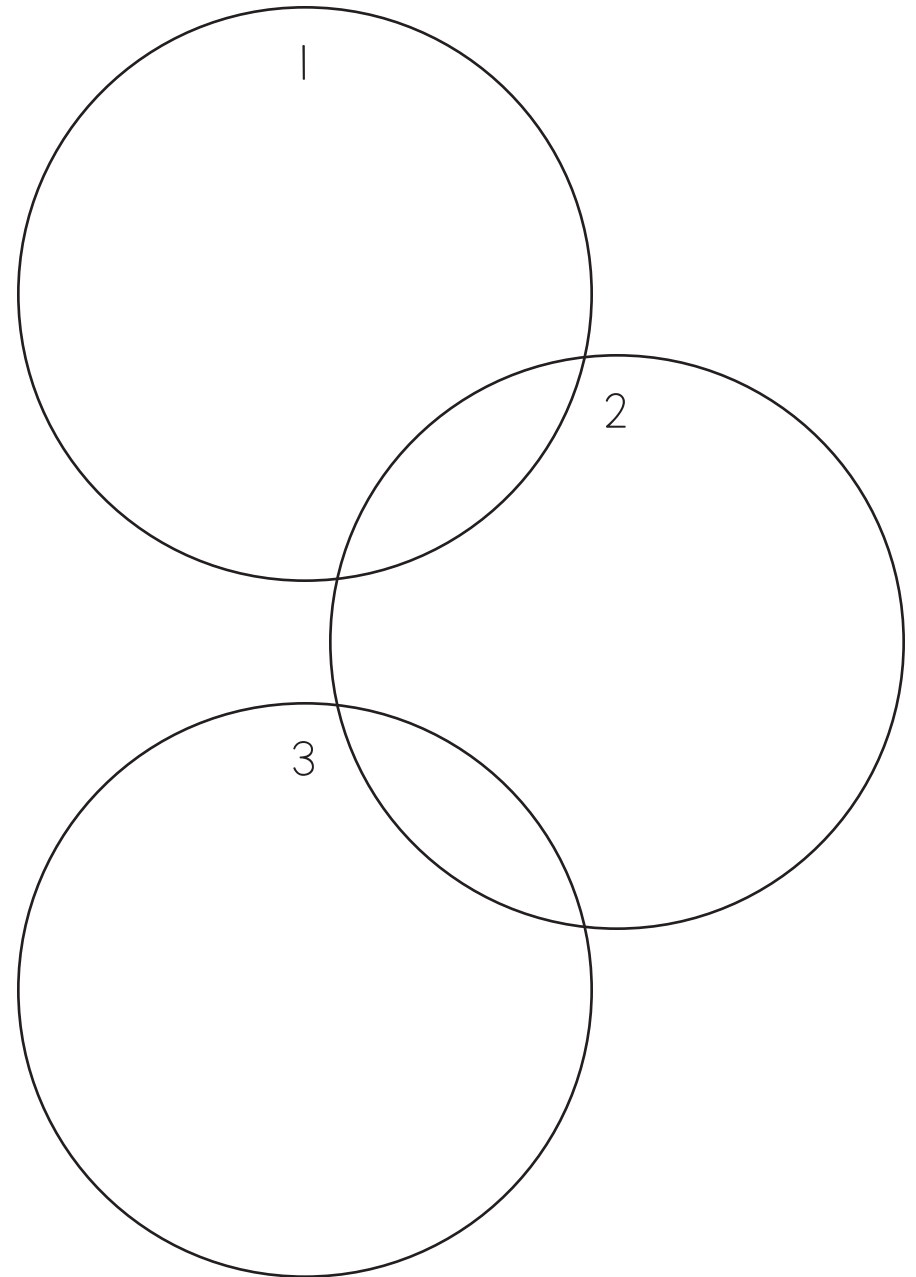
We've designed this book to prompt you to reflect on things that make you feel grateful. **Use this journal in whatever way feels helpful to you.** While some benefit from practicing gratitude daily, others may prefer to do so a couple of times a week or even weekly. Fill it out when you want and how you want. Don't worry about spelling, sentence structure, or grammar—the important thing is to write about the things in your life for which you're thankful.

We want to acknowledge that it's not always easy identifying things for which you feel grateful, especially in times of stress. That's okay. Start small and try to identify a few things that are going right in your life, even if you don't feel grateful for them at the moment. It may feel like a stretch at first, especially if you're not used to doing this. Don't worry: the more you practice and write in this gratitude journal, the more genuine and natural it will become.

**“This is a
wonderful day.
I’ve never seen
this one before.”**

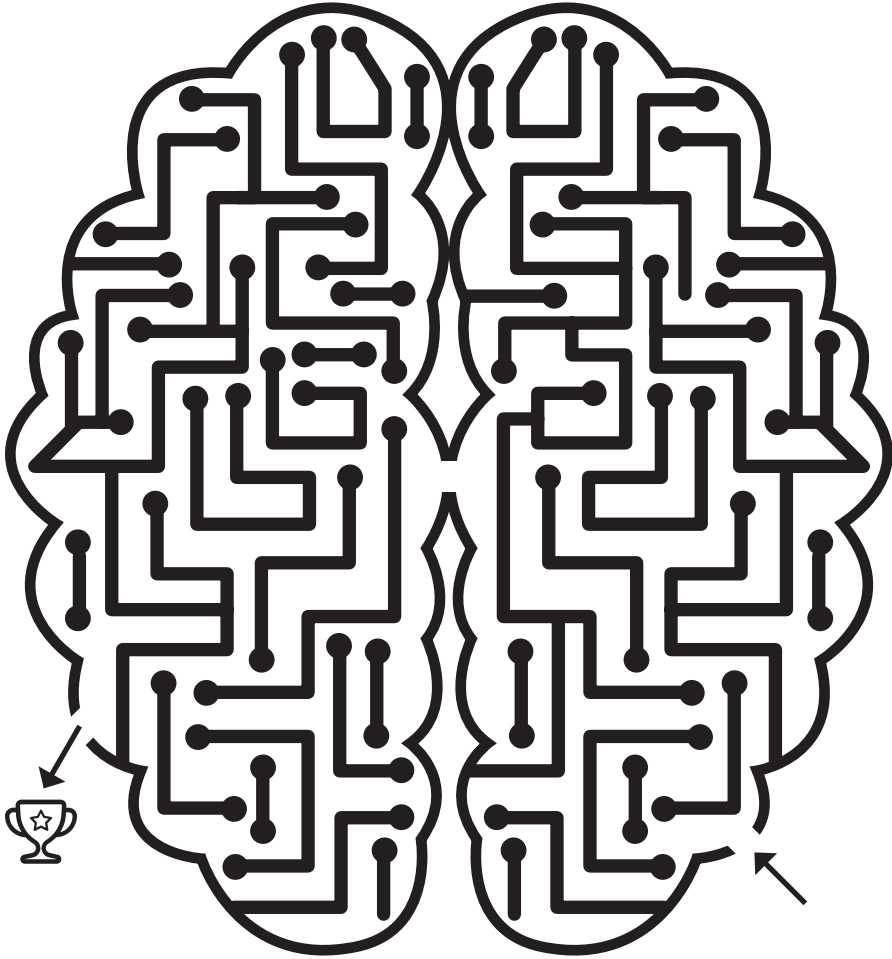
-Maya Angelou

3 things I’m grateful for today...



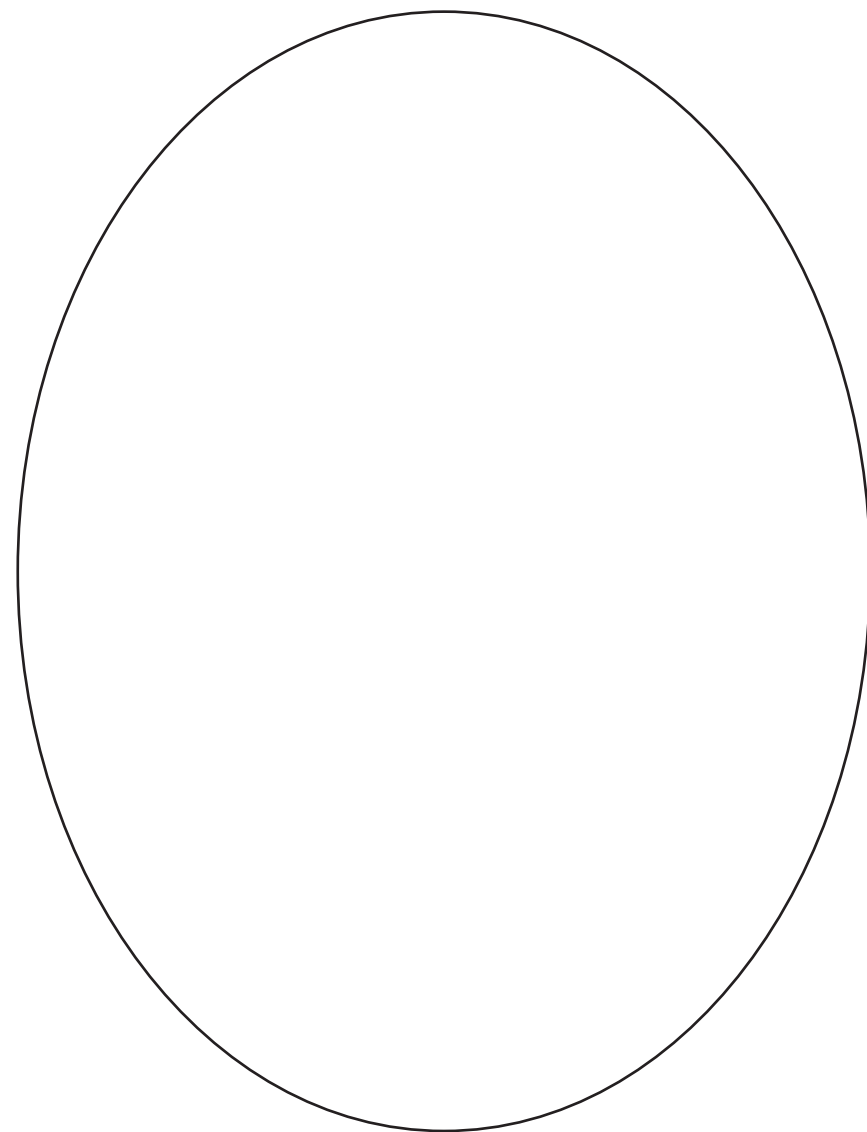
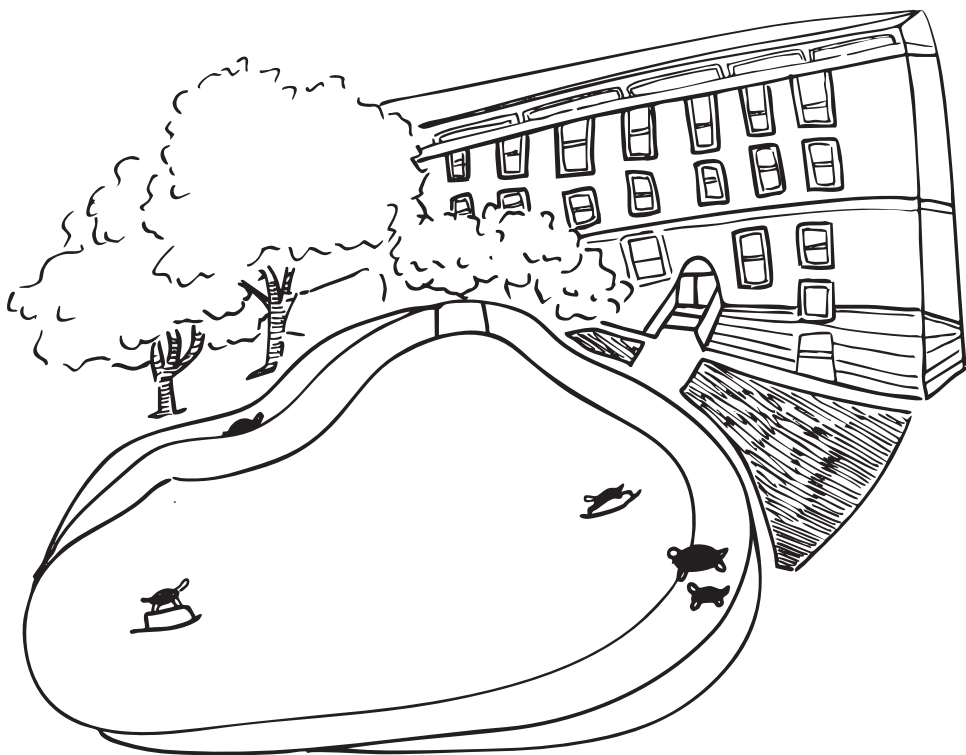
Date: / /

Memories I'm grateful for:

[illegible]

Date: / /

What made you laugh today?



Date: / /

“Gratitude turns
what we have
into enough.”

—Melody Bettie

Things I appreciate about myself are...

(Circle all that apply and add your own.)

Sarcastic

Good Listener

Hardworking

Silly

Adventurous

Optimistic

Loyal

Adaptable

Funny

Passionate

Practical

Creative

Stylish

Cautious

Spontaneous

Date: / /



Doodle three things that added joy to your day...

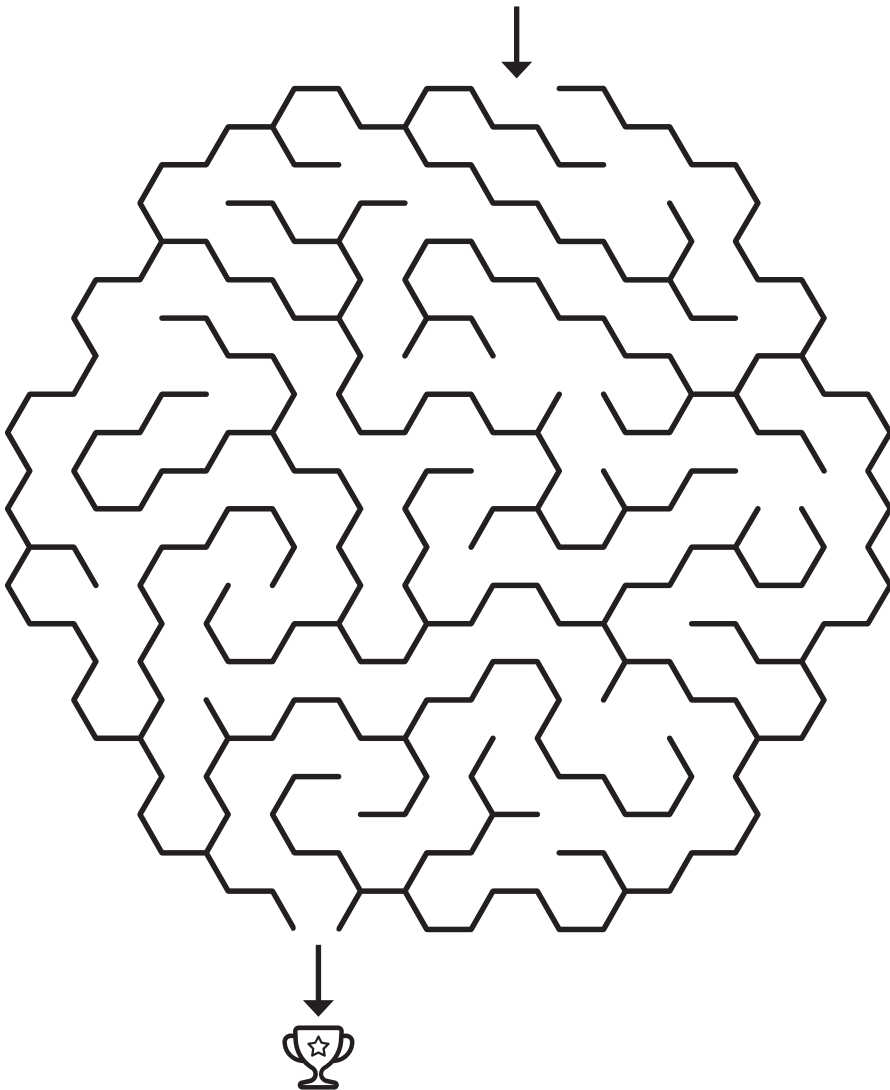
1

2

3

Date: / /

My life would be a lot less sweet
without (Fill in the blanks.)



_____,

_____,

and

_____.

Date: / /

Write about a memory from when you were young that makes you smile.

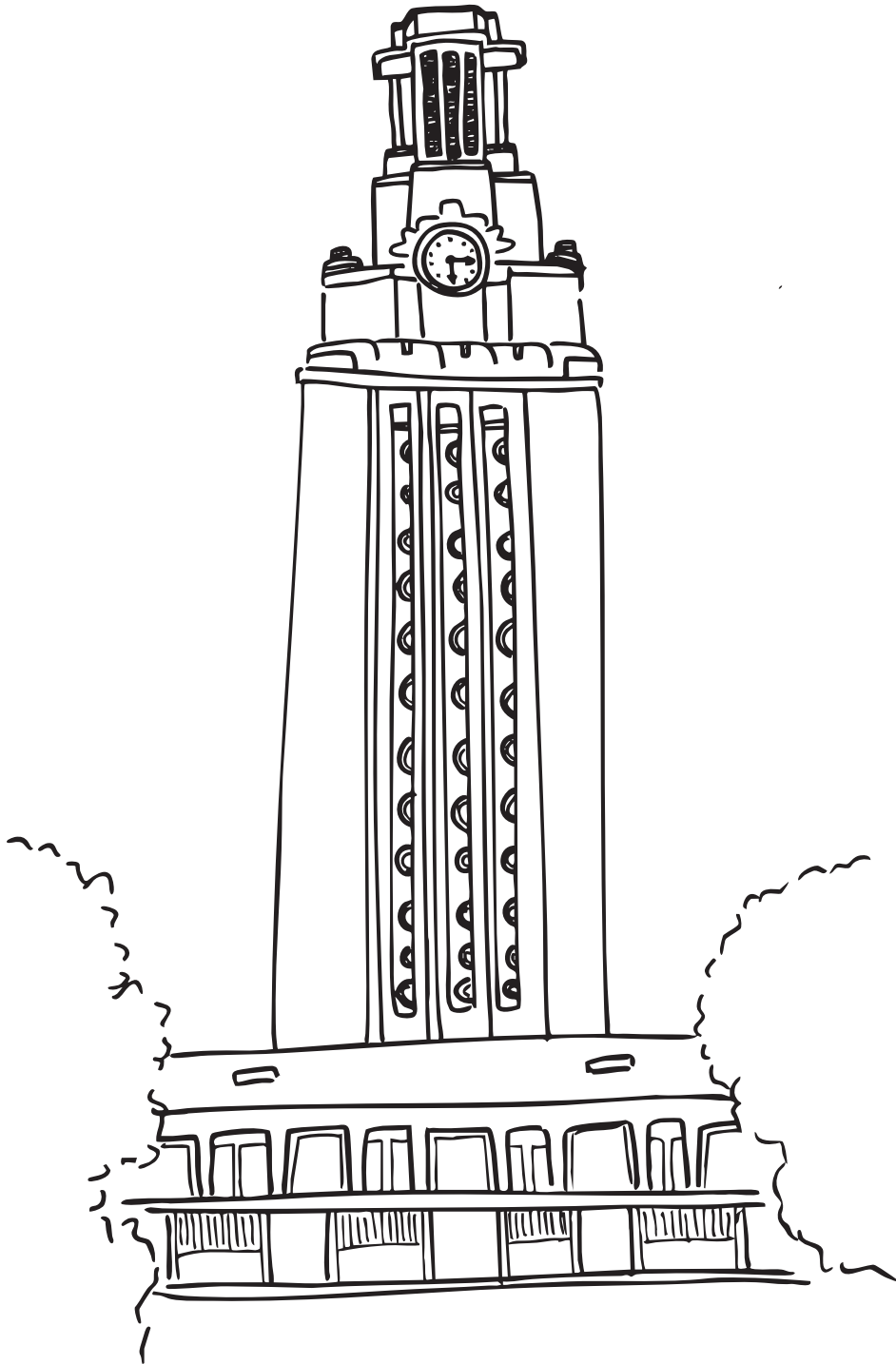
**“Give thanks for
a little and you
will find a lot.”**

—Hausa Proverb

Date: / /

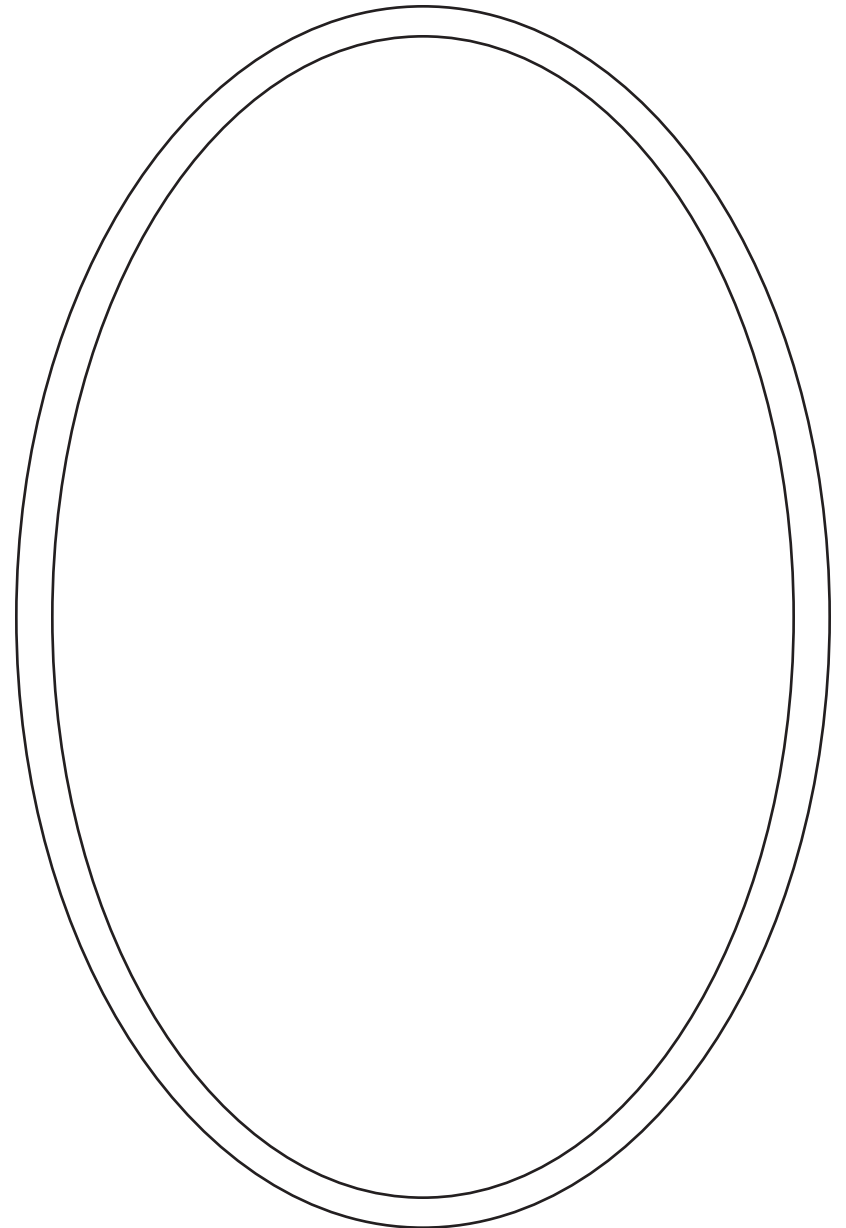
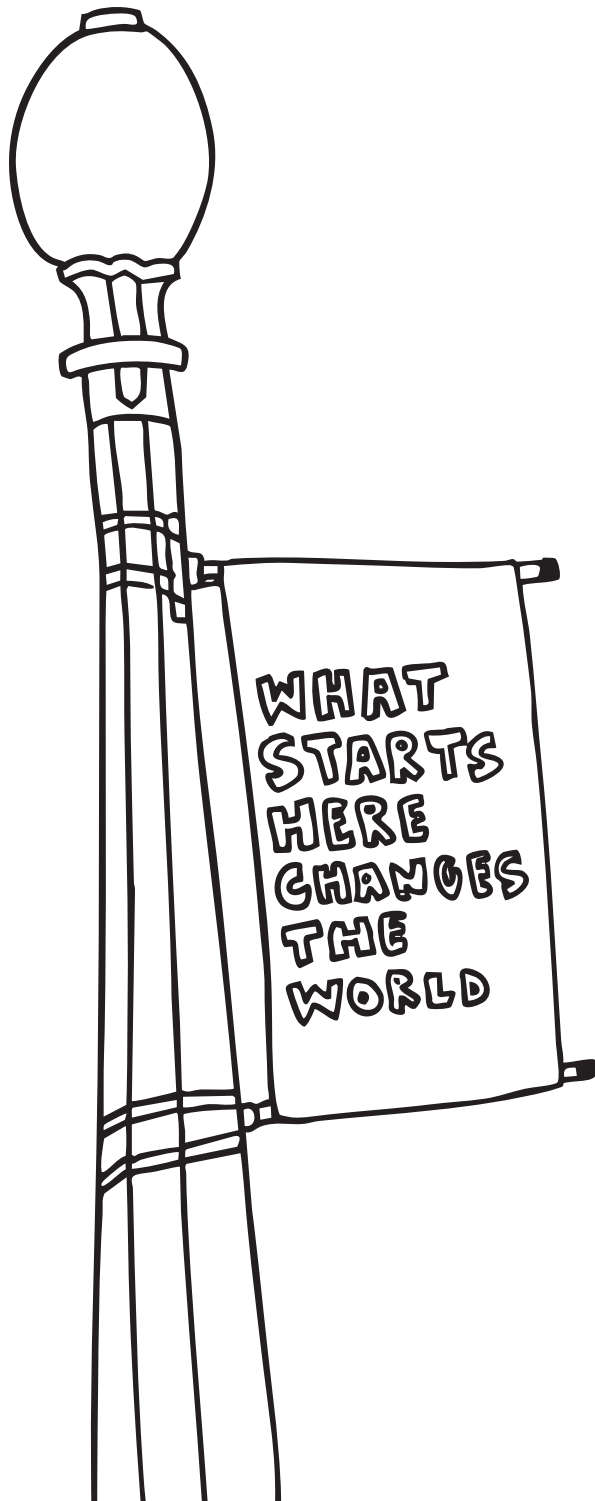
Write or draw something you're grateful for
about yourself.

(e.g., Your Kindness, Your Curiosity, Etc.)



Date: / /

Someone who made me laugh or smile
this week...



Date: / /

Today I am grateful for...

**“You only live
once, but if you
do it right, once
is enough.”**

-Mae West

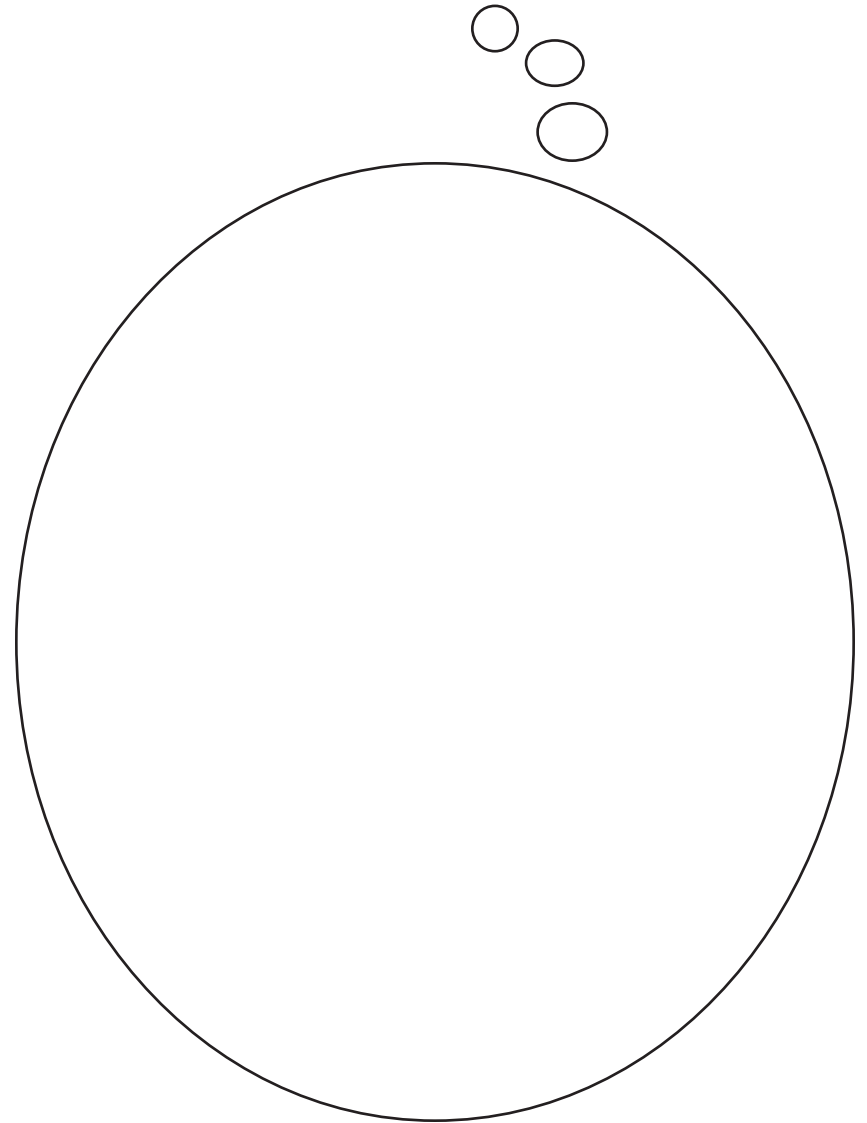
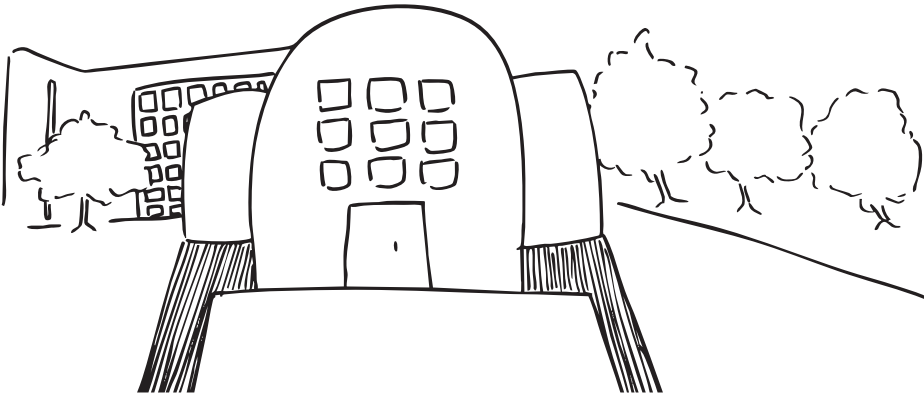
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Date: / /

What is different today than a year ago
that you are grateful for?



Date: / /

J O X S R T A N Y B E Z B R M
P Z M I A V P Z H T H B Z I I
W Q O S F D R U E C M L E H N
E D U T I T A R G O N E Y Y D
P S M G F I E J K J K B K J F
S E L F C O M P A S S I O N U
Y N B W C S K E J D E U M A L
B T J R L O S Y Q X R I T T N
Z V I E E I V R I N A V C U E
H L E N C A S U A M C I B R S
E P F R U P T L D O F N R E S
B R E V W M I H C T L L Z J J
G X T V Z N M U E B E E J Q Z
E L M Q G I Q O N X S H L J W
M I N D S E T J C P Y H S B I

What was something that was hard to do
but you are grateful you did?

Gratitude

Self-care

Mindfulness

Self-compassion

Mindset

Community

Journaling

Sleep

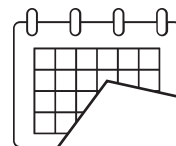
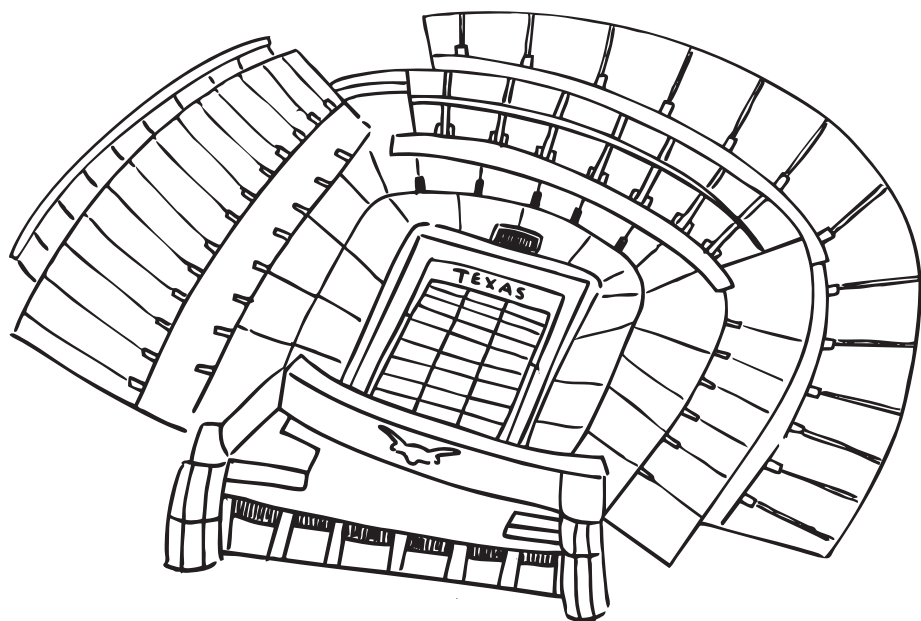
Breathe

Exercise

Nature

Date: / /

What was something that went well today?



Today: ____ / ____ / ____

Date: / /

Think of someone from your past that taught you something about yourself and write about it.



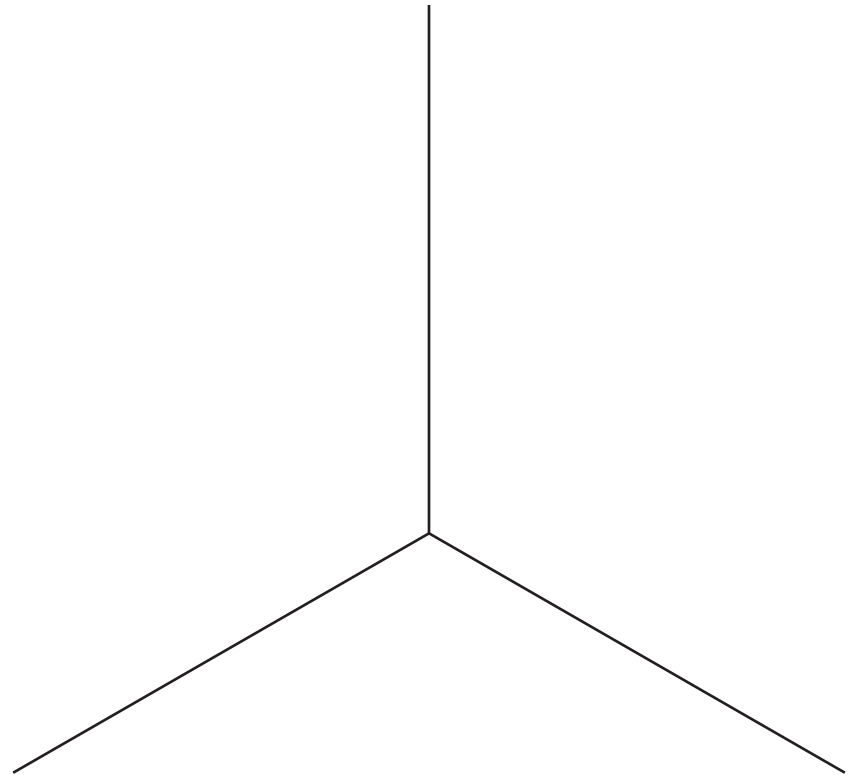
A large, empty rectangular box with a double-line border, intended for writing a response to the prompt above.

Date: / /

**“Focus on the
good in life.”**

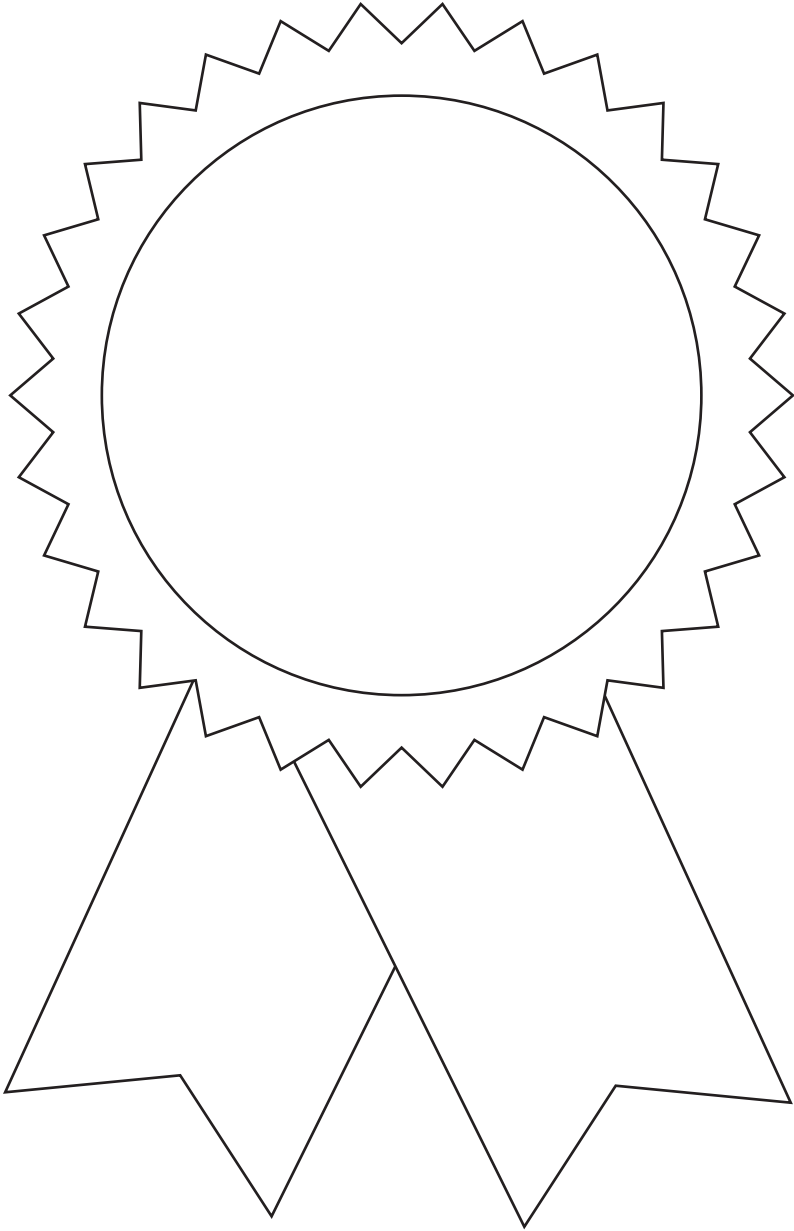
—Unknown

Write or draw three things you rely on to
help get you through the day. (e.g., Coffee,
Music, Etc.)



Date: / /

What is something you are good at?



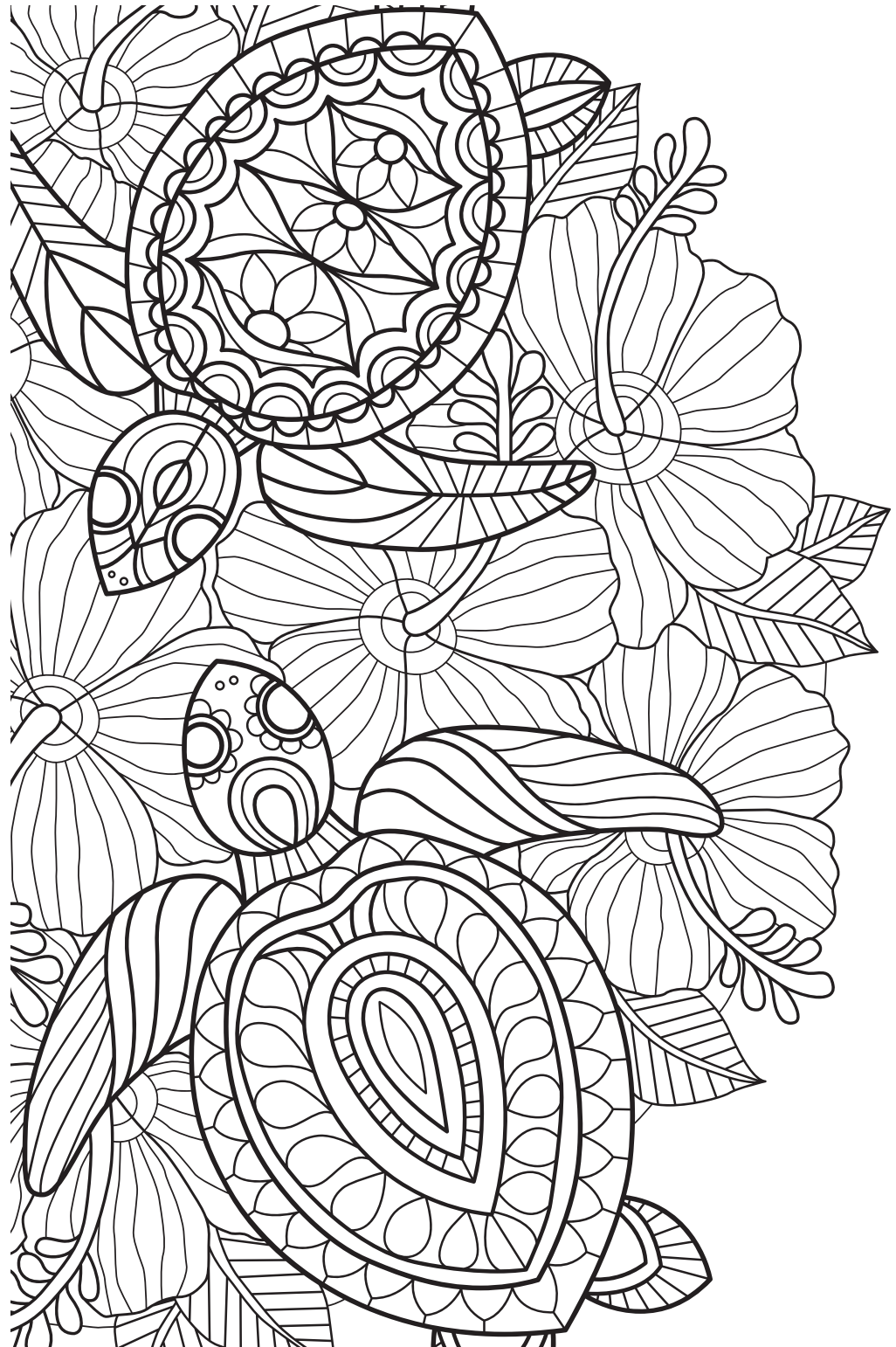
**“Expect nothing
and appreciate
everything.”**

—Unknown

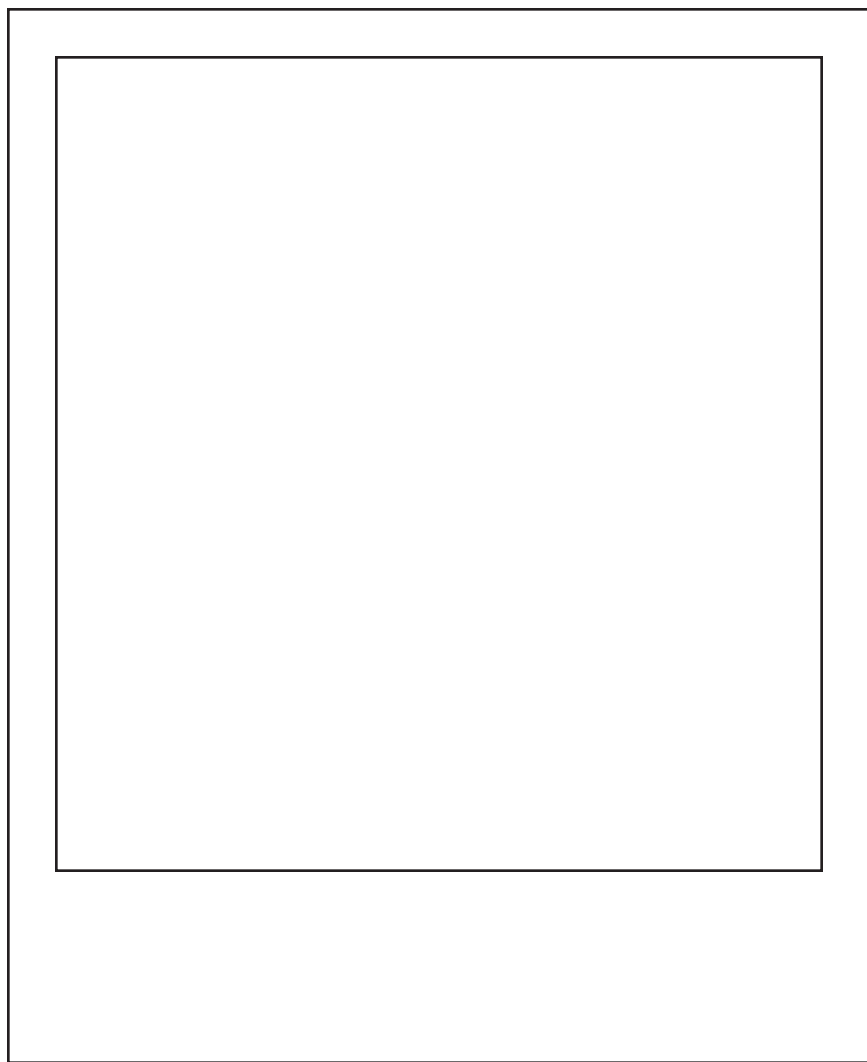
What was something beautiful you saw today?

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Date: / /



Close your eyes, take a breath and imagine a place you're grateful you've visited. Draw or describe the place.



**“Look up at
the stars and
not down at
your feet.”**

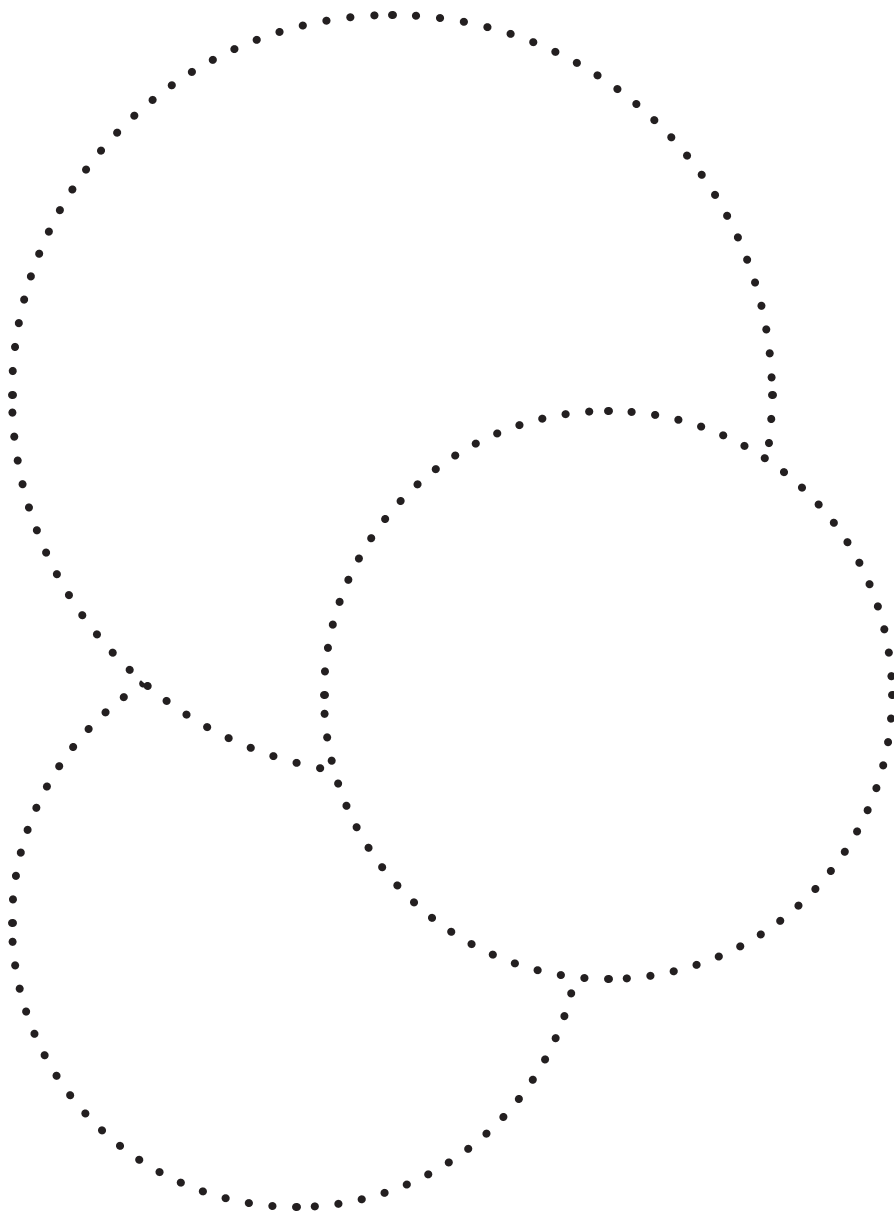
—Stephen Hawking

What or who made your day a bit more enjoyable?



Date: / /

During challenging times I am grateful for...



Date: / /

Gratitude is self-care.

Self-care doesn't have to stop here. Self-care refers to activities and practices that can help you reduce your stress and enhance your overall well-being, like practicing gratitude. Self-care is more than an occasional treat, but a way of living each day that incorporates practices and behaviors that help you feel refreshed, re-energized and rested. Everyone deals with stress differently, and everyone's preferences for practicing self-care are different as well.

There are lots of ways to practice self-care.

The important thing is to make self-care a priority in your schedule. Here are some ideas for practicing self-care:

- Journal
- Sleep
- Exercise
- Do something you love
- Meditate
- Hang out with friends and family
- Download the *Thrive at UT* app
- Schedule breaks
- Go for a walk
- Cook something
- Practice yoga
- Stretch
- Listen to music
- Have a 3 minute dance party
- Practice self-compassion; treat yourself like you would treat your best friend
- Take time for yourself
- Do something creative
- Visit the MindBody Labs
- Unplug from technology
- Practice deep breathing
- Take a nap
- Spend time in nature