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Gratitude Journal

It has been found that gratitude is one of the character traits most closely associated with happiness, and this simple exercise has been found to boost happiness levels as long as you continue to practice it regularly and with mindfulness.

“Michael McCullough and Robert Emmons are two of the leading scholars on the topic of gratitude, and they have researched and written extensively about its power to boost happiness. They have found that people who express gratitude in any number of ways—such as thanking someone else verbally, writing down a list of blessings on a regular basis, or mailing a letter to someone who has made a difference in your life—have the power to increase life satisfaction and hope. Gratitude is also linked with lowering depression and anxiety and may be the most powerful and long-lasting way to make someone happier.”
Creating Your Best Life: The Ultimate Life List Guide b Caroline Adams Miller, Michael B. Frisch.

When you count your blessings or articulate what you are grateful for, you discover all the parts in your life where you are fulfilled and improve your happiness. You should realise where you get energy from and where you find joy.

Print out these sheets and cut out the 12 boxes per sheet. They ask you different questions about what you are grateful for that day.

Try this exercise every night, preferably in written form so you have a record of your blessings.

As you fill in these sheets over the next 27 evenings, the thoughts and blessings can get more complicated but hopefully easier to spot. I have asked you different questions to prompt your thinking.

Expressing gratitude can take many forms. It can be a thank you note, an SMS or a personal call. It could be in the form of a prayer and many people find this moment of reflection makes them happy.

Happiness is something that you can work towards

.

Katy x

What are your 3 blessings from today?



- 1.
- 2.
- 3.

What 5 things are you grateful for today?



- 1.
- 2.
- 3.
- 4.
- 5.

What one thing filled you with wonder today?



Who inspired you today and what did they say?



Where did you see beauty today? Draw or describe it here.



Name 5 things you are grateful for today



- 1.
- 2.
- 3.
- 4.
- 5.

Why did you feel joy today? What were you doing?



Gratitude helps you feel happier. Noticing things, you are grateful for improves your wellbeing.



Think about 3 people who you like to have in your life and why.



Can you do it again tomorrow?

What 2 things are you grateful for from today?

- 1.
- 2.
- 3.

What are your 4 blessings from today?



- 1.
- 2.
- 3.
- 4.

How did they make you feel?

What 5 things are you grateful for today?



- 1.
- 2.
- 3.
- 4.
- 5.

**How did you treat someone with kindness today?
How did it make you feel?**



What kind thing can you do tomorrow?

Who showed kindness to you today and what did they do?



What can you do tomorrow?

Where did you see beauty today? Draw or describe it here.



Name 5 things you are grateful for today



- 1.
- 2.
- 3.
- 4.
- 5.

How did you feel joy today?



- 1.
- 2.

**Gratitude helps you feel happier.
Noticing things, you are grateful for improves your wellbeing.**



What 3 things are you grateful for from today?

Who should you say "thank you" for something today?



Text them now – what does the message say?

What are your 3 blessings from today?



1.

2.

3.

What 5 things are you grateful for today?



1.

2.

3.

4.

5.

What one thing did you appreciate today?



Who should you say "thank you" to for something today?



Text them now – what does the message say?

Where did you see beauty today? Draw or describe it here.



Name 5 things you are grateful for today



1.

2.

3.

4.

5.

Why did you feel joy today? What were you doing?



Can you do it again tomorrow?

Gratitude helps you feel happier.

Noticing things, you are grateful for improves your wellbeing.

What 2 things are you grateful for from today?



Think about 3 tasks you completed today. What was satisfying about completing them?



1.

2.

3.