**Gratitude Journal Worksheet**

A Gratitude Journal is an opportunity for you to focus your attention on the positive things in your life.

**Tips to get started:**

1. Find a space that you are comfortable with to write your gratitude journal
2. Focus on the benefits and how writing a gratitude journal can help you to improve your life
3. Set aside a time that you want to start writing, and think about how often you can write, as consistency is key!
4. If you are sure that this is something that you want to do. Shift our mindset and think about it as something you want to do and not as a chore.
5. Find a gratitude journal prompt from books, online or you can even think of a fresh topic that you want to write on.
6. Understanding what works for you is another way of knowing more about yourself. Some of which could be using photos that you have taken, songs that remind you of a particular time of your past, and more!

**Questions to help you identify what you are grateful for:**

**Grateful to be alive**

1. When is the last time that someone put a smile on your face? How did it happen?
2. What is a song that you enjoy, and why do you like it?
3. List 5 activities or things that bring you joy, and why?
4. List 5 things that you look forward to in the next 1 year, and why?
5. Describe your favorite food. How did you find out about it?

**Thankful for friends and family**

1. Name someone that has made an impact in your life, and how did they help you?
2. Tell about family member you are grateful for.
3. Choose 3 people to say thank you to today.
4. Tell about a time you were grateful for something a friend did for you.
5. Tell about a time that you were grateful for someone helping you when you were hurt.
6. Name a person who you can count on whenever you need a listening ear. How are you thankful for that person?
7. Who is someone you have a hard time getting along with? Think of at least 3 positive things to say about that person.
8. What are 3 ways to say “thank you” without using the words thank you?
9. Say something positive about the person on your left.

**Grateful for everyday**

1. What was the best part of your day?
2. Tell about something you have learned this week.
3. What is something that you’ve learned this week that you’re thankful for?

**Grateful for your body**

1. What is a sound you are grateful for?
2. What is a smell that you are grateful for?
3. What taste are you grateful for?
4. Which of your five senses are you most grateful for?
5. If you had to give up all your possessions what 3 things would you keep?
6. Which season are you most grateful for and why?
7. Talk about all the people who keep you safe.
8. Talk about all the ways you are healthy.

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