

# PRACTICING GRATITUDE

Starter Journal



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## DAY ONE – WALK BEFORE WE RUN

DATE:

It can be difficult starting a new routine. Let's start slowly by simply reflecting on the small things in life. We're trying to get into the practice of noticing without judging. Take inventory of a few things that happened today — maybe breakfast was especially tasty or traffic was lighter than normal. Write down a few of those things, and try to remember how you felt in those moments.

### WHAT HAPPENED TODAY?

Reflect on your day. Write down a few of today's main events.

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### DID SOME NICE THINGS HAPPEN?

Nothing is too small here. Maybe you had a nice chat, found a lucky penny, or just enjoyed a quiet moment.

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### WHAT CAN YOU BE GRATEFUL FOR TODAY?

Don't feel pressured to expand too much. Maybe you're just grateful it didn't rain. Write it down here.

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### DAILY INSPIRATION

*"Some people grumble that roses have thorns; I am grateful that thorns have roses."*

—Alphonse Karr

## 2 DAY TWO – OBSERVING

DATE:

You came back for a second day! It doesn't matter if it's been twenty-four hours or twenty-four days, practicing gratitude is no longer just a one time thing for you, and that's a victory. Pat yourself on the back — you deserve it. Now grab a pen, and do some reflecting on today!

### WHAT HAPPENED TODAY?

Did you make progress on a project at work or listen to a new podcast?

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### WHAT'S THE NICEST THING SOMEONE SAID TO YOU TODAY?

Did someone congratulate you on a great idea or compliment your style?

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### WHAT CAN YOU BE GRATEFUL FOR IN YOUR LIFE?

Do your parents live nearby or do you have the freedom to work from home?

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### DAILY INSPIRATION

*"Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some."*

—Charles Dickens



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# DAY FOUR – KEEP GOING

DATE:

You’ve noticed some wonderful things in your life. Today, take a little bit more time to reflect on what else you can be grateful for. Take a moment to fully appreciate how much those things mean to you and the happiness they bring. Try to hold onto that feeling. Practice this exercise often with all the positive things in your life.

### WHAT ARE SOME THINGS YOU WOULD MISS IF THEY WERE GONE?

Do you have a nice beach nearby or a great view from your office?

Lined writing area for the first reflection question.

### WHAT ARE SOME SMALL THINGS THAT MAKE YOUR DAYS BETTER?

Do you go for a daily walk or have a super helpful leader?

Lined writing area for the second reflection question.



## DAILY INSPIRATION

*"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow."*

— Melody Beattie

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# DAY FIVE – PRACTICE MAKES PERFECT

DATE:

You’ve shown determination to practice gratitude. You’ve reflected and observed over the past four days. You’re starting to build muscle memory and are creating a habit of gratitude. We’re proud of you, and you should be proud of yourself too! Celebrate this occasion by acknowledging the good things around you and taking time to appreciate them. Write them down and start your sentences with: I am grateful for...

## WHAT CAN YOU BE GRATEFUL FOR TODAY?

I am grateful my project proposal was given the go-ahead today.

Horizontal lines for writing.

## WHAT CAN YOU BE GRATEFUL FOR IN YOUR LIFE?

I am grateful for all the books I’ve read.

Horizontal lines for writing.



## DAILY INSPIRATION

*"The roots of all goodness lie in the soil of appreciation for goodness."*

—Dalai Lama



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# DAY SEVEN – YOU MADE IT!

DATE:

Seven days in the books! Do you feel different? Are you noticing an increase in happiness? Is your hand feeling tired from all the writing? Journaling can be tough work, but science backs up practicing gratitude. Give it time, you will see real, measurable results. Keep it up! We've given you the tools. The following page is a blank template. Print as many copies as you'd like and amend them to your journal after this page. Good luck on your gratitude journey!

## WHO DID SOMETHING FOR YOU TODAY?

Sam from the office brought donuts today.

Horizontal lines for writing.

## WHAT CAN YOU BE GRATEFUL FOR IN YOUR LIFE?

I am grateful for the things I've achieved in my career.

Horizontal lines for writing.



## DAILY INSPIRATION

*"When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in."*

—Kristin Armstrong





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