**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Homeroom**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Keeping a Gratitude Journal***

**Directions:** Read about the research on gratitude journals and answer the questions that follow.

In Sean Covey’s book *The 7 Habits of Highly Effective Teens*, he cites a testimonial from a teenager named like Katie who saw immediate benefits from keeping a gratitude journal. Here are some of her reflections:

“I keep something I call a gratitude journal that helps me to be more positive in life. This journal is nothing fancy, it’s just a place for me to put my thoughts down in writing. In this journal, I write down something I’m grateful for or something positive that happened to me during the day. This practice has changed my life and totally put things into perspective, because I try to pick out all the good things that happen and not the bad. I write down small things like, ‘Brian offered to clear the table for me,’ or ‘John went out of his way to say hello to me today.’ These things make you feel good. I look back at this book and remember these good things and the bad things are forgotten, much smaller in comparison with the positive things I have to be grateful for.

I’ve given a book to others and they say it has really helped them. It’s my way of saying, ‘You’re the only one who can make you happy—no one else can.’”

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| **Stop and Jot:** Name two benefits of journaling (or writing down) what you’re grateful for each day.   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Looking to get started on your first journal entry? Here are six tips from Shawn Achor:

1. **Put it In Writing:** Actually, writing about the events is key: research suggests it increases our awareness of them and deepens their emotional impact.
2. **Be as specific as possible.** Specificity is key to fostering gratitude. “I’m grateful that my mom made me soup when I was sick on Tuesday” will be more effective than “I’m grateful for my mom.”
3. **Try Focusing on People.** Researchers find that thinking about people whose actions you are grateful for can have more of a positive impact than focusing on things you have that you’re thankful for.
4. **Savor surprises.** Consider writing about events that were unexpected or surprising, as these tend to bring about even stronger levels of gratitude.
5. **Try to avoid repetition.** Writing about some of the same people and things is OK, but zero in on a different aspect in detail.
6. **Make It Routine.** Whether you write every other day or once a week, commit to a regular time and place to write, and then honor that commitment.

**Reflection Questions for *Keeping A Gratitude Journal***

**Directions:** In your neatest handwriting, answer the questions that follow.

1. Which tip from page 1 will be the easiest for you to follow? Why?

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1. Which tip will be the hardest for you to follow? Why?

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1. When and how often do you want to commit to writing in your journal? What habit or routine do you already have that you can link journaling to?

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| **Frequency (e.g., weekly, daily, etc.):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Time of Day:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Daily/weekly routine I can link it to:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

***Writing Your First Entry***

**Directions**: On this template, or your own paper, write down your first “journal entry” by listing three things that occurred today that you’re grateful for.

I AM GRATEFUL FOR…. DATE:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Stamp Your Understanding for *Keeping a Gratitude Journal***

**Directions:** Answer the following question in complete sentences.

1. What are two ways that writing down things you’re grateful for can positively influence your life?

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1. When and how do you plan to revisit and savor the memories that you write about?

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