

**Journaling Tips**

* Don’t rush to write down the ﬁrst thing that comes to your mind. Take time to truly think about what you’re grateful for. Expect each entry to take between 10-20 minutes.
* Writing about the people who you’re grateful for tends to be more powerful than writing about things.
* Explain, in detail, why you’re grateful. For example, if you’re grateful for a friend who is nice, describe what they do that’s nice, and why that makes you grateful.
* Aim for two solid entries each week. Keep your journal somewhere you’ll see it, and plan when you can write. Set an alarm on your phone if you might forget.

Someone I was thankful for today…

|  |
| --- |
| **Day 1** |
| One good thing that happened to me today… |

Something good that I saw someone do…

Today I had fun when…

|  |
| --- |
| **Day 2** |
| Something I accomplished today… |

Something funny that happened today…

Today I was proud of myself because…

|  |
| --- |
| **Day 3** |
| Something I was thankful for today… |

Today I smiled when…

Something about today I’ll always want to remember…

|  |
| --- |
| **Day 4** |
| One good thing that happened to me today… |

Today was special because…

My favorite part of today…

|  |
| --- |
| **Day 5** |
| Something interesting that happened today… |

Someone I was thankful for today…

Today I had fun when…

|  |
| --- |
| **Day 6** |
| Something about today I’ll always want to remember… |

Something funny that happened today…

|  |
| --- |
| **Day 7** |
| Something I was happy about today… |

Something good I saw someone do today…

Something I did well today…