

Open Your Class With This Tomorrow
The Happiness Project

Gratitude Journal



Directions: For the next week (or longer if you like) keep a gratitude journal. Each night before you go to bed (or another specific time of the day as long as it is the same time everyday) write 3-5 things that you are grateful for.

Research by the University of Minnesota has found that keeping a Gratitude Journal can help reduce stress, help people focus on the positive aspects on their life, those who keep gratitude journals experience fewer physical complaints and are more optimistic about their lives.

When selecting the 3-5 items, be sure to be as specific as possible regarding what you are grateful for.

Instead of writing, "I'm grateful for my job," you could write:

- I'm lucky to have a job right now even though many of my friends are unemployed.
- I really like the people I work with.
- I'm grateful to have a job that lets me have a flexible schedule to work around my other obligations and responsibilities.

Turn Negatives into Positives

Instead of dwelling on things that are not working out try to find a positive in those situations.

For example:

- I'm upset that relationship didn't work out, but now I have time to focus on myself and figuring out what I really want and need in a partner.
- I don't feel well and I'm worried about my health condition, but I'm grateful for the insight it has given me into how much I want to get out of life.

In addition, each day name at least one action you can take in the following day(s) to maintain and more positive outlook on events (do not worry if the even seems small, the goal is to put a more positive spin on day-to-day activities).

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Date	3-5 items that I am grateful for today and why	1 action I can take to be more positive about something tomorrow

Date	3-5 items that I am grateful for today and why	1 action I can take to be more positive about something tomorrow