

Gratitude Journal Directions

The point of this type of journaling is to begin to pay attention to the good things that happen in your day. All too often it is easy to forget the good things, especially after we've been through a traumatic event or addictions. By using a gratitude journal, you will begin to realize that good things are still possible and will continue to happen in your life.

For the next 3 weeks you are going to write in your journal every day. Each day should have 3 different things listed as things you are grateful for. This is how it should be laid out as you write:

3 things I am grateful for today

- 1)
- 2)
- 3)

What did I do to help these good things happen?

What do I need to continue doing so that more good things happen?

One thing I did today for someone else to brighten their day:
