

# Creating A Gratitude Journal

*"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." - Epictetus*

Creating a Gratitude Journal is one of the simplest things you can do to lift your spirits. While it's great to go through each day with an "attitude of gratitude," research suggests that simply writing down five things you are grateful for *once a week* can significantly increase your relative level of happiness, give you more energy, and make you more hopeful.

## **How It Works**

Make copies of this form and fill it out on the same day, at the same time, each week. Write down up to five things you are grateful for, whether they "big" or "small."

## **Why It Works**

Doing this exercise just once a week instead of say every day will make it more meaningful and prevent boredom for setting in. The exercise focuses your mind on the positive things in life rather than the negative ones. It guides you toward kindness and concern for others, which are behaviors that will bring you closer to those around you which will in turn increase your happiness level. This exercise in gratitude will help prevent you from taking the good things in your life for granted.

## **Happiness Alert!**

According to Sonja Lyubomirsky author of "The How of Happiness," people have an alarming ability to adapt to happiness (this called hedonic adaptation). In other words, events that make you tremendously happy for a time, will eventually diminish in their ability to make you happy.

This is true for everything in life, from getting married, to buying the house of your dreams, to winning the lottery. It's just part of human nature. Remembering what you are grateful for is one way to resist this natural tendency to diminish your happiness.

# Gratitude Journal

Date: \_\_\_\_\_

This week I am grateful for:

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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2 \_\_\_\_\_  
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3 \_\_\_\_\_  
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4 \_\_\_\_\_  
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5 \_\_\_\_\_  
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