GRATITUDE JOURNALING

WHAT IS GRATITUDE JOURNALING?
Gratitude journaling is a form of expressing one’s appreciation for the good things in their life.

WHAT ARE SOME FORMS OF GRATITUDE JOURNALING?
Gratitude journaling can take the form of:
• A list of things one is grateful for
• Positive affirmations
• A letter of thanks
• A list of things that went well in one’s day and why

WHAT ARE THE BENEFITS OF GRATITUDE JOURNALING?
There are many benefits to gratitude journaling such as:
• Improved physical and mental health
• Reduced stress
• Improved quality of sleep
• Increased job satisfaction
• Increased happiness and self-esteem
• Improved relationships with co-workers

GRATITUDE RESOURCES
Examples of guided gratitude journaling apps or books:
• Gratitude Journal
• 5 Minute Journal (app and book)
• I am - Daily Affirmations
• 365 Gratitude Journal
• Morning! - Gratitude Journal
Check out Make Kindness Count to show gratitude and appreciation for colleagues

Disclaimer: This handout is provided as educational information and does not substitute for the consultation, diagnosis, or treatment from qualified healthcare providers. External resources have been carefully selected but are not produced by Western University. References available upon request. Illustrations by vectorjuice on Freepik.