

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