

Activity 3: Gratitude Journal

Gratitude journaling is a simple yet powerful way to focus on the positive aspects of your life. By taking a few moments each day to reflect on what you're thankful for, you can shift your mindset, reduce stress, and increase happiness. This worksheet offers daily prompts to guide you in finding moments of gratitude throughout your week. Whether it's something small or big, expressing gratitude helps you appreciate the good things that surround you. Start today by choosing one prompt for each day and see how it transforms your perspective!

Monday

1. What made you smile today?
2. Who helped you today, and how?
3. What is something you're thankful for?

Tuesday

1. What is the one thing you love about yourself?
2. What did you learn today that makes you happy?
3. What is it that you did today that brought smile/happiness in someone else's life?

Wednesday

1. What is a good memory you are grateful for?
2. What challenge did you face today, and how did you handle it?
3. Who made you feel appreciated today?

Thursday

1. What part of your day made you feel calm?
2. What is a kind act you saw or received today?
3. What act of charity did you do today?

Friday

1. What is one thing about your health you are thankful for?
2. What did you do well today?
3. What is it that made today special?

Saturday

1. What is something beautiful you saw today?
2. What made you feel connected to others today?
3. What was the best part of your week?

Sunday

1. What is the one thing you learned this week?
2. What is a simple pleasure you enjoyed today?
3. How did you show kindness to someone this week?
4. What are you looking forward to the coming week?

