

Build Optimism Through Gratitude Journaling

Take just 5 minutes per day to reflect on this gratitude journal prompt. This worksheet covers 7 days. If you can, complete it 3 times (or for 21 days in a row), to start feeling gratitude more automatically. According to Z. Colette Edwards, MD, MBA, known as "The Insight Doctor," that's the time it takes to start forming a new habit.

Two things I feel grateful for today		Why these things make me feel grateful
Date:	I am able to make ends meet, even if finances are tight. I feel an impulse to improve my own life.	I haven't always had a steady job. The one I have now is my favorite yet. Many people are reluctant to take action, even if it would make things easier for themselves. I'm glad I want to act in my own interest.
Date:	Someone I like gave me a compliment. I got to talk to _____	I have struggled to see the good parts of myself lately. When I see _____, they remind me how to have fun.
Date:		
Date:		
Date:		
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At the end of one week, do you notice any patterns? Do certain facts, activities, people, or places tend to spark your gratitude more than others?

In the last week, how often did you engage with the people or things that made you feel most grateful? How can you bring more of that joy into your life?