

# 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 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



## 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?

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

