

# Gratitude *journal*

## Three things I'm grateful for today

Research has shown that one of the best ways to increase wellbeing and experience positive emotions is by writing down three good things that happen to you every day.

Use the space below to record your daily gratitude over the next week.

### MONDAY

3 things I'm grateful for today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My mood today is: (Low) 1 2 3 4 5 6 7 8 9 10 (Happy)

### TUESDAY

3 things I'm grateful for today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My mood today is: (Low) 1 2 3 4 5 6 7 8 9 10 (Happy)

### WEDNESDAY

3 things I'm grateful for today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

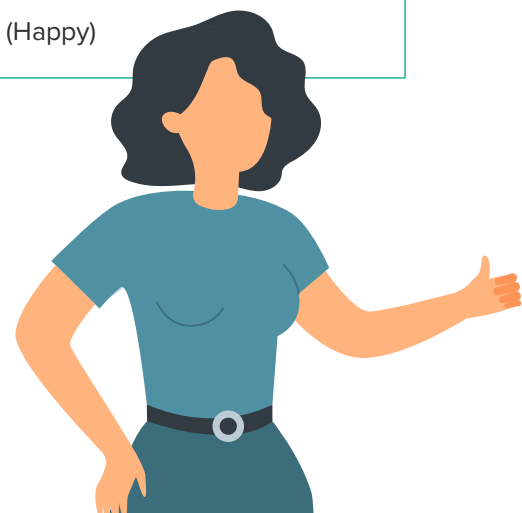
My mood today is: (Low) 1 2 3 4 5 6 7 8 9 10 (Happy)

“

*I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder.*

*Gilbert K. Chesterton*

”



## THURSDAY

3 things I'm grateful for today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My mood today is: (Low) 1 2 3 4 5 6 7 8 9 10 (Happy)

## FRIDAY

3 things I'm grateful for today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My mood today is: (Low) 1 2 3 4 5 6 7 8 9 10 (Happy)

## SATURDAY

3 things I'm grateful for today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My mood today is: (Low) 1 2 3 4 5 6 7 8 9 10 (Happy)

## SUNDAY

3 things I'm grateful for today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My mood today is: (Low) 1 2 3 4 5 6 7 8 9 10 (Happy)

**7 DAY**  
*Wellbeing*  
**CHALLENGE**  
Ramsay Mental Health



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