



## Daily Gratitude Journal

Research shows that those who keep a daily gratitude journal experience higher levels of emotional and physical well-being.

Each night before going to sleep, write down at least five things for which you are grateful.

These can be little or big, from a meal you just enjoyed to a meaningful conversation you had with a friend, from a project at work to God. If you do this exercise regularly you will naturally repeat yourself, which is perfectly fine. The key is despite the repetition is to keep the emotions fresh. Experience the feeling associated with it.

Doing this exercise regularly can help you appreciate the positives in your life rather than take it for granted. You can do this exercise alone or with a loved one, a partner, child, parent, sibling, or close friend. Expressing gratitude together can contribute in a meaningful way to the relationship.

### **Daily Gratitude List**

**Day** \_\_\_\_\_

I am grateful for:

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- adapted from the book Happier by Tal Ben-Shahar