

Keeping a Gratitude Journal

Overview:

- Write a direct answer to the prompt you choose.
- Provide details!
- Go for depth (write more about one thing) and avoid breadth (a little about several things) in your entry.
- Explain the "why"...push to go deep on why this person, experience, or thing makes you grateful.

Some suggested prompts...but, you be you!

- Think of a person in your life you are grateful for, and write about why you are grateful for them.
- Describe an experience or event that you didn't like in the moment, but looking back was an experience you are grateful for now.
- Think about a time when you were worried something bad would happen—but it didn't. What happened instead, and how do you feel now?
- What is something that you take for granted, but contributes to your life?
- Think of someone who helped you. Who might have helped that person in their life? Are you part of a chain, is there a connection that goes back further in time?
- Think of an activity you enjoy, a sport or hobby. How did you come to appreciate it?
- What is something good that surprised you lately?

Sample entries

Write for you, not for anyone else!

People you are grateful for

October 19: Sometimes I forget just how lucky I am to have such great friends. Every day, they cheer me up with their kind words and always make me laugh. When I first started high school this year as a freshman, I didn't know many people, and it was pretty lonely at times. Watching other students hanging out together made me wonder if I'd ever find my own group. But once I met my friends, everything changed. Now we text constantly and hang out like we've known each other forever. It's hard to believe how different things were just a few months ago, and I'm so grateful to have them in my life now. They make high school a lot more fun.

Someone who helped you

October 23: Today after school, I asked my math teacher for help with a problem that had been driving me crazy. I was nervous he'd be too busy or rush through it, but he was super patient. He broke everything down step by step, even using different examples to explain. It finally clicked!

Help this person get earlier in their life

What surprised me was how calm and understanding he was the whole time—like he'd been there before, or been on the other side of a difficult concept. I thought he might be frustrated with me. I wonder if someone helped him out like this when he was in high school, and maybe that's why he's so patient now. Either way, I'm really glad he took the time. I hope I can be as patient with other people.

October 25: At the start of the season, I really resented Coach for making us do so much conditioning. It felt like every practice was just running and endless drills. I thought it was a waste of time and no fun—I just wanted to play.

But something clicked during our match this week. Towards the end of the game, the other team was exhausted, but I still had energy. I could run faster, react quicker, when they were barely hanging on. All that conditioning work actually paid off.

Looking back, I'm glad Coach insisted on the basics. Now I understand that being fit isn't just about surviving practice.

An experience that you did not like at first, but you appreciate the experience now