

# Gratitude Journal

Each day, write down three things you are grateful for, someone you are grateful to, and something you are looking forward to. Remember to start a new sheet each week!

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Three things I am grateful for:**

**The person I am grateful for is:**

**Something I am looking forward to:**

<b>M</b>	1. 2. 3.	_____ Why?	
<b>T</b>	1. 2. 3.	_____ Why?	
<b>W</b>	1. 2. 3.	_____ Why?	
<b>TH</b>	1. 2. 3.	_____ Why?	
<b>F</b>	1. 2. 3.	_____ Why?	
<b>S</b>	1. 2. 3.	_____ Why?	
<b>S</b>	1. 2. 3.	_____ Why?	



**Fun fact:** When we express gratitude, our brain releases 'feel-good' hormones that enhance our mood and make us feel good from the inside.

**Benefits of gratitude:**

- Better physical and mental health
- Improved sleep
- Increased resilience



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