GRATITUDE JOURNAL
WHY GRATITUDE?

Expressing gratitude can result in several beneficial outcomes. Research has found that gratitude correlates with positive emotions, life satisfaction, optimism, and lower levels of anxiety and depression. In other words, there are many reasons to practice being thankful. There are several ways to express gratitude, starting with this journal.

UNI Student Wellness Services promotes practicing gratitude so one can feel benefits such as reduced stress, better sleep, and stronger relationships.
Have an Attitude of Gratitude
Rx: Gratitude

SIDE EFFECTS MAY INCLUDE:

- reduced stress
- strengthened relationships
- improved sleep
- increased happiness
- learned forgiveness

TAKE ONE DOSE EVERY DAY
Have an Attitude of Gratitude:

- Start a gratitude journal
- Express thanks to others
- Leave and share notes
- Say 3 things you're grateful for in the morning or right before bed
- Send a card or letter to someone you're thankful for

Thank you for helping me when I need it! I am so grateful for your friendship.

TAKE ONE DOSE EVERY DAY!
3 THINGS I AM GRATEFUL FOR TODAY

1

2

3
# Gratitude Challenge

Choose one month to complete each of the activities. Check off the box once the challenge has been accomplished.

<table>
<thead>
<tr>
<th>Go out of your way to help someone</th>
<th>Give three people a compliment in one day</th>
<th>Thank a faculty/staff member for doing a good job</th>
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<tbody>
<tr>
<td>Leave a note of encouragement in a public space</td>
<td>Give someone a small gift, just because</td>
<td>Cheer on someone else's achievements (out loud)</td>
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<td>Do a random act of kindness</td>
<td>Make a card for someone</td>
<td>Smile at five people you don't know</td>
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GRATITUDE

TURNS WHAT WE HAVE INTO ENOUGH

Aesop
Gratitude Alphabet
Name one thing you are grateful for starting with each letter

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<tr>
<th>A</th>
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Gratitude Alphabet

M n O P
Q R S T
U V W X
Y Z
Letter To Someone Special

Use the space below to write a note about someone you appreciate and express why you specifically chose the person.
Wheel of Worth

In the wheel, write down what you love about yourself or what makes you unique (both internal and external qualities)
NEVER FORGET WHO YOU ARE
Joy Jar
Fill the jar with items that bring you joy in life
3 Things I'm Grateful For That Are Typically Taken For Granted

People Who Have Taught and Supported Me

Positive Thoughts About My Health and Body
Appreciate what you have, where you are and who you are with in this moment.

Tony Clark
Do something amazing.