

# Gratitude Journal

Gratitude journals are a great tool to help you express positivity each day. College can be a time of major change and transition, so it's very easy to focus on the things that can create stress and uncertainty in life. It is important to remember that you have the power to shift your mindset, focusing on the things you have and the good things in your life.

## Why gratitude journaling?

- Practicing gratitude and focusing on the positive aspects of our lives can help foster a sense of control and optimism, no matter the situation.
- Keeping a journal is a very personal activity and allows you to be present with your own achievements.
- Spending just 15 minutes before bed writing down a few grateful sentiments can help you get a much better night's sleep as it helps you relax and wind down at the end of the day.
- Gratitude journaling improves a person's ability to manage stress in a healthy way and is shown to improve overall well-being

# How this works:

Each day, you'll have three gratitude "prompts" to answer. The first question will always be "What are you grateful for? Why?"

Examples may include specific people, things you take for granted, random surprises/events, small moments that occurred throughout the day, or even songs/books/social media posts that were particularly uplifting to you

The second two questions will vary each day. These questions aim to help you keep track of the good things in life in order to learn more about yourself and become more self-aware. These questions may rotate throughout the journal as a way to compare between different days of the week.

Date:

What am I grateful for today? Why?

What is the best thing to have happened in the last 24 hours?

What is one thing in your life that is more positive now than it was one year ago?



*Positivity  
Always Wins*

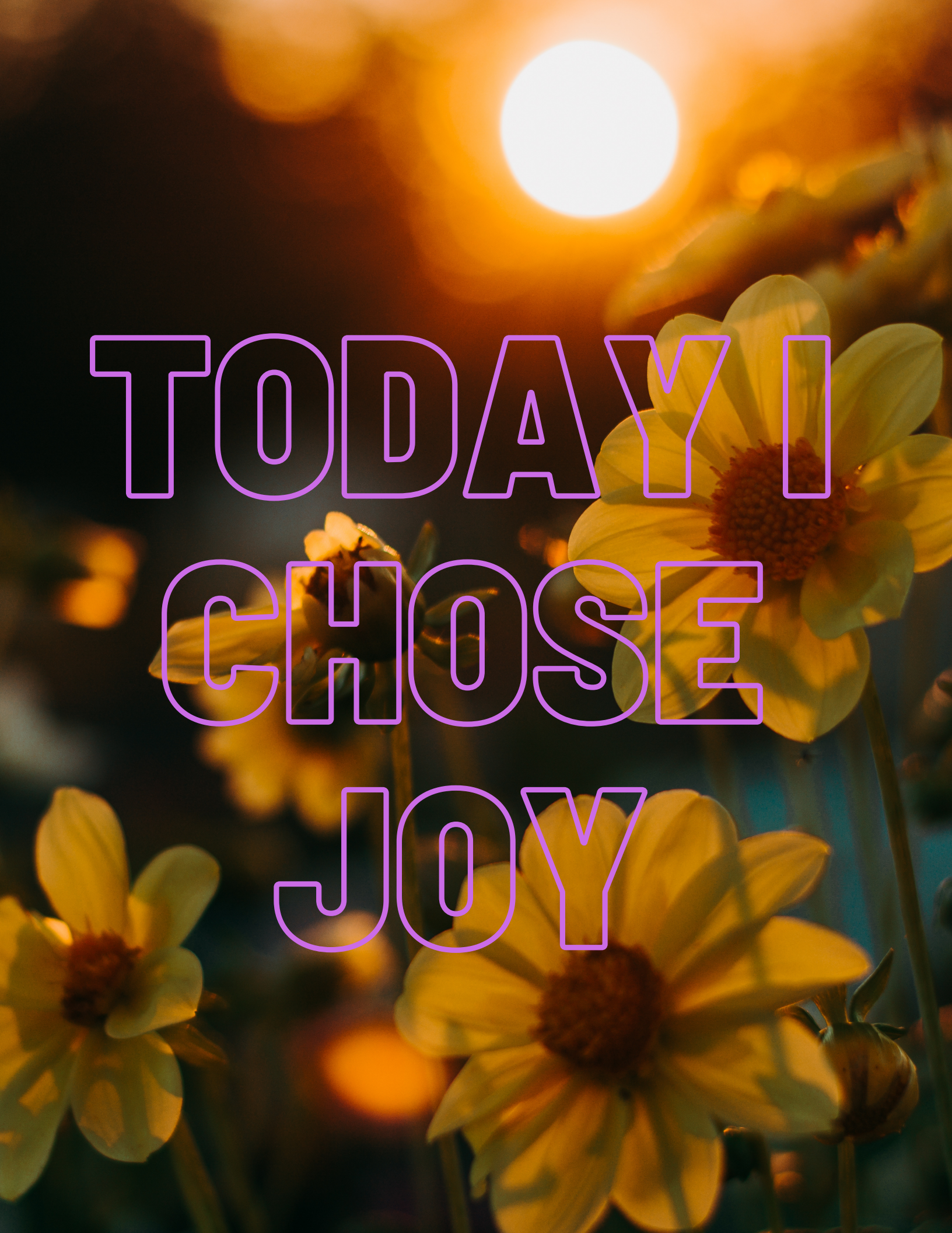
-Gary Vaynerchuk

Date:

What am I grateful for today? Why?

What is something that you accomplished today? How did it make you feel?

What is one thing that cheers you up when you are feeling down?



TODAY I  
CHOSE  
JOY

Date:

What am I grateful for today? Why?

What is the best thing that has happened to you in the last 24 hours?

What is something you hope to achieve tomorrow?

*Believe  
In  
you!*





Date:

What am I grateful for today? Why?

List 3 personal skills you have that most people don't possess.

Write about someone who makes your life feel better.

The possibilities  
are  
limitless



Date:

What am I grateful for today? Why?

What is one aspect of your health that you're more grateful for?

Write about a time where you felt courageous.

A close-up photograph of several lavender flower spikes against a soft, golden-yellow background. The flowers are in various stages of bloom, with some showing small, light purple blossoms. The lighting is warm and diffused, creating a gentle, ethereal atmosphere. The text is overlaid in a bold, purple, sans-serif font, centered on the image.

**DON'T LET  
YESTERDAY  
USE UP TOO  
MUCH OF  
TODAY**

Date:

What am I grateful for today? Why?

What is something positive you can learn from one of your negative qualities? (i.e. Being anxious means you're really good at planning things out.)

Describe a recent time when you truly felt at peace.

A tropical scene with palm trees and a bright sun in a clear sky. The sun is positioned in the upper right, creating a lens flare effect. The sky is a mix of light blue and white. In the top right corner, there are some trees with orange and red foliage. A tall palm tree is on the right side, and another palm tree is partially visible on the left side.

***Be happy,  
not  
because  
everything  
is good, but  
because  
you can see  
the good  
side of  
everything!***

Date:

What am I grateful for today? Why?

What is a small win that you accomplished in the past 24 hours?

Describe an experience that was painful, but made you a stronger person



I  
*believe*  
in myself...  
so anything  
is  
possible



Date:

What am I grateful for today? Why?

What mistake have you made which ultimately led to a positive experience?

What makes you beautiful?



IF YOU WANT TO FIND

HAPPINESS,

FIND GRATITUDE

-STEVE MARABOLI

Date:

What am I grateful for today? Why?

List 5 things you are looking forward to in the next year

Write about a recent obstacle you faced and how you overcame it.



***Today***

***I am***

***Grateful***

Date:

What am I grateful for today? Why?

Are you a morning person or a night owl? What do you love most about this part of the day?

What is something positive you can learn from one of your negative qualities?  
(i.e. Being anxious means you're really good at planning things out.)

Thank you for completing the WKU Student Wellness Gratitude Journal! Please feel free to continue using this resource by adding pages and copy/pasting the prompts into new pages. We hope your experience with gratitude journaling was positive and beneficial. If you have any questions, thoughts, or feedback, please email [healthed@wku.edu](mailto:healthed@wku.edu).

Don't forget to follow [@wkuwellU](#) and [@wkurecwell](#) on Instagram to keep up with all of the wellness resources provided at no cost for WKU students!

Additional Resources for Gratitude Journaling:

[https://www.developgoodhabits.com/wp-content/uploads/2018/11/The-90-Day-Gratitude-Journal\\_Final-V2.pdf](https://www.developgoodhabits.com/wp-content/uploads/2018/11/The-90-Day-Gratitude-Journal_Final-V2.pdf)

<https://tasty-yummies.com/wp-content/uploads/2017/11/gratitudejournal.pdf>