#HealthyAtHome

Gratitude Journal

WKU Student Wellness presents a 28-day Gratitude Journal to help you adjust to the stressors of changing schedules, moving back home, and finishing a semester of classes online. In a time of major change and transition, it’s very easy to focus on the negatives: being “stuck” at home, not being able to spend time with friends, and for some of us, missing out on the “lasts” of our college experience. Now more than ever, 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?**

* Gratitude journaling has the ability to shift your mindset from focusing on the negatives to seeing the positives all around you.
* Practicing gratitude and focusing on the positive aspects of our lives can help foster a sense of control and optimism, no matter the situation.
* A study found that gratitude journaling immediately before bed can reduce worry, helping you relax and fall asleep faster.

 **How this works:**

* Each day, you’ll have three gratitude “prompts.” There will be two questions that stay consistent each day. The third question is a “wild card” - you’re free to answer whichever question you want, or fill in the blank with anything you feel like you want to remember from that day.
* The first question will always be “What are you grateful for? Why?”
	+ Examples include specific people, certain possessions, 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 question will always be “What is the BEST thing that happened in the past 24 hours?”
* The “Wild Card” option is to answer any of the questions listed below or to craft your own response based on something that happened that day.
	+ What are you looking forward to today/tomorrow?
	+ What was your happiest moment today?
	+ What is something you hope to achieve tomorrow?
	+ Who are you grateful for today?
	+ Did someone help you today? Did you help someone else? Did you witness an act of kindness?
* There is a checklist at the beginning for you to check off each date that you complete the gratitude journal. If you complete 15 days of the 28 days, you will receive WellU® credit. Just send a screenshot of your finished checklist to student.wellness@wku.edu for WellU® credit!

Gratitude Journal Tracker

* April 2nd
* April 3rd
* April 4th
* April 5th
* April 6th
* April 7th
* April 8th
* April 9th
* April 10th
* April 11th
* April 12th
* April 13th
* April 14th
* April 15th
* April 16th
* April 17th
* April 18th
* April 19th
* April 20th
* April 21st
* April 22nd
* April 23rd
* April 24th
* April 25th
* April 26th
* April 27th
* April 28th
* April 29th
* April 30th

**Date:**

**What am I grateful for today? Why?**

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**What is the BEST thing that happened in the last 24 hours?**

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**Wild Card Question/Open Prompt for Creativity**

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**Wild Card Question/Open Prompt for Creativity**

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**What am I grateful for today? Why?**

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**What am I grateful for today? Why?**

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**What is the BEST thing that happened in the last 24 hours?**

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**Wild Card Question/Open Prompt for Creativity**

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**Wild Card Question/Open Prompt for Creativity**

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**Wild Card Question/Open Prompt for Creativity**

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**Wild Card Question/Open Prompt for Creativity**

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**Wild Card Question/Open Prompt for Creativity**

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 **Date:**

**What am I grateful for? Why?**

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**What is the BEST thing that happened in the last 24 hours?**

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**Wild Card Question/Open Prompt for Creativity**

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**Wild Card Question/Open Prompt for Creativity**

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**Wild Card Question/Open Prompt for Creativity**

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**Wild Card Question/Open Prompt for Creativity**

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**Wild Card Question/Open Prompt for Creativity**

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**Wild Card Question/Open Prompt for Creativity**

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**Wild Card Question/Open Prompt for Creativity**

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**Date:**

**What am I grateful for today? Why?**

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**What is the BEST thing that happened in the last 24 hours?**

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**Wild Card Question/Open Prompt for Creativity**

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**Wild Card Question/Open Prompt for Creativity**

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**Wild Card Question/Open Prompt for Creativity**

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**Wild Card Question/Open Prompt for Creativity**

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Thank you for completing the 28-Day 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.

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