#HealthyAtHome

Gratitude Journal

WKU Student Wellness presents a 28-day Gratitude Journal to help you express positivity during these challenging times. In a time of major change and transition, it’s very easy to focus on the negatives: feelings of uncertainty and fear, cancelled plans, and inability to spend time with friends and family the way you used to. 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?

**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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**Date:**

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

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

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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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**Date:**

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

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