



Gratitude Journal

WORKSHEET

Write three things you are grateful for at the end of each day for one month. It may change your life, and it will lift your depression.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ex: The sunrise	My cuddly cat	Paperwork done!	Flowers in bloom	Quiet time in AM	Sound of rain	Hubby's help
1.	1.	1.	1.	1.	1.	1.
2.	2.	2.	2.	2.	2.	2.
3.	3.	3.	3.	3.	3.	3.
1.	1.	1.	1.	1.	1.	1.
2.	2.	2.	2.	2.	2.	2.
3.	3.	3.	3.	3.	3.	3.
1.	1.	1.	1.	1.	1.	1.
2.	2.	2.	2.	2.	2.	2.
3.	3.	3.	3.	3.	3.	3.
1.	1.	1.	1.	1.	1.	1.
2.	2.	2.	2.	2.	2.	2.
3.	3.	3.	3.	3.	3.	3.

What changes have you noticed in your mood over the past month? Keep it up to continue to reap the benefits.