



GRATITUDE JOURNAL - FIVE DAY CHALLENGE

1. **CONTENTS:** Each day log at least five things that made you smile (or) that you appreciated (or) that you imagine could have gone in a bad direction but turned out good. Be as detailed as possible. Since life is full of surprises and even the slightest changes can have great consequences - try to focus on different things each day. If you focus on the same person or events what makes the experiences of being with that person unique each day and what makes the event different from one day to the next?
2. **WHEN:** You can do it throughout the day or wait until the end of the day.

If you do it throughout the day be sure to revisit it before you go to sleep.
3. **REFLECTION:** After keeping your positivity journal for five days consider what insights you gained. Were there things - people - incidents - places that grabbed your attention and added more positive thoughts, joy, or feelings of comfort? Did you mention the same things for each day or were there variations? Did it impact your mood or point of view, (or) did this just feel like just one more assignment to complete for a grade?
4. **CONNECTION:** If there was a person that helped to bring more joy to your life you might want to consider doing something special for them to let that person know.
5. Read the article from Psychology today. Do you agree or disagree with the study?

[DO GRATITUDE JOURNALS REALLY WORK?](#)