



# Gratitude Journal



Welcome! This journal is destined to help you notice all those little valuable things that happen to you every day and that you sometimes overlook or take them for granted.

If you are constantly looking for negativity and problems, the neural pathways for negative thoughts become stronger. But practicing gratitude can shift the focus of your attention to kind events and situations that we might otherwise overlook. Get ready to observe and take the time to write them down, this way your mind slowly begins to have the task of "noticing" when these events happen and you become aware of their presence.

There is not right or wrong way to do this. Complete the phrase with something it makes sense to you, even if you think "I haven't done anything like this today" make your best try to make sense out of it. Enjoy!



## Day 1:

Today I am grateful to...

I liked having the time to...

Something I enjoyed doing was ...

## Day 2:

An everyday detail that I appreciate is...

I am grateful for the presence of...

A small achievement that I reached was ...

## Day 3:

I appreciate the smile caused by...

It made me feel motivated that...

Today appreciate I allowed myself to...

## Day 4:

Something interesting I learned today was...

I would like to remember that today...

I liked talking to or thinking about...

## Day 5:

One step towards the life I want was...

I was present in the moment when...

One flavor I liked today was ...

## Day 6:

One challenge I faced was...

A caress that I appreciated today was...

Something I learned from myself is that ...

## Day 7:

Something I would do again today it would be...

I appreciate having the courage to...

My day wouldn't been the same without ...

*“Gratitude is an affirmation of kindness; we affirm that there are good things in the world, and that we receive them »,*

*Emmons*



# Thanks

*Inés Palacio*

PSYCHOTHERAPY  
(+54) 3547 57 17 07

