

Gratitude Journal — Record What You Are Thankful For

A daily gratitude practice has consistent support in positive psychology research. Even noting three things you're grateful for each day can shift your baseline mood and outlook over time.

How to use a gratitude journal

Write each morning or evening — consistency matters more than timing. Be specific: 'the sunlight through the kitchen window this morning' is more effective than 'the weather'. Aim for genuine observations rather than what you feel you should be grateful for.

Evidence-based benefits

- Reduced symptoms of depression and anxiety (Seligman, 2005)
- Better sleep quality when done before bed
- Improved relationships through noticing others' contributions