



GRATITUDE

The 30-Day Gratitude Journal

Five minutes a day to train your attention on what's already good, and the people who made it that way.

A NOTE FROM OUR TEAM

We started this practice because life in a high-pressure business can make you forget how much you already have. A few minutes with a pen changes the tone of a whole day. Don't aim for perfect entries. Aim for honest ones, and make sure a real person shows up on every page.

— The Auto Advocate Team

Gratitude isn't pretending everything is fine. It's training your attention to notice what's good, and who's behind it, alongside everything else that's true. This journal gives you thirty short daily entries and a reflection at the end of each week. It takes about five minutes. Keep it by your bed or your coffee maker, wherever you'll see it every day.

1 What the Science Says, and Doesn't

- **Counting blessings.** In a 10-week study, people who wrote weekly about things they were grateful for felt better about their lives as a whole and were more optimistic than people who wrote about hassles or neutral events. They also reported fewer physical symptoms and exercising more (Emmons & McCullough, 2003).
- **Three good things.** In a study by Martin Seligman and colleagues, writing down three things that went well each day, and why, for one week was followed by higher happiness scores that lasted up to six months (Seligman et al., 2005).
- **Honest caveats.** Harvard Health notes that studies like these show associations and can't prove cause and effect, and that some groups saw no benefit. Gratitude is a helpful practice, not a cure.
- **Quality beats streaks.** Researchers at the Greater Good Science Center report that depth matters more than length, that people matter more than things, and that in one study writing once a week beat writing three times a week. If daily entries start to feel like a chore, slow down rather than quit.

2 How to Use This Journal

- 1 **Same time, same place.** Attach it to something you already do every day: first coffee, or lights out.
- 2 **Be specific.** "My wife" is a start. "My wife handled the school pickup so I could finish the proposal" is gratitude.
- 3 **Name a person every day.** Someone who helped, taught, or simply showed up. Thank them in person when you can.
- 1 **Try subtraction.** Now and then, picture your life without one thing on your list. It often hits harder than the list itself.
- 2 **Record one win.** Small counts. A hard conversation handled well is a win.
- 3 **Reflect weekly.** Use the reflection box after each week. For gratitude letters, work, family, and hard seasons, see No. L05.

BEFORE DAY 1 · YOUR 30 DAYS START ON THE NEXT PAGE

My start date _____ My daily cue (when & where) _____

Right now, my outlook on life is (1 = heavy, 10 = bright) _____

Day 1 Week 1 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 2 Week 1 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 3 Week 1 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 4 Week 1 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 5 Week 1 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 6 Week 1 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 7 Week 1 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Week 1 Reflection*What surprised you this week, in a good way?*

Who showed up for you? Did they know it mattered?

Which entry do you want to remember a year from now?

Day 8 Week 2 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 9 Week 2 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 10 Week 2 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 11 Week 2 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 12 Week 2 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 13 Week 2 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 14 Week 2 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Week 2 Reflection*Pick one entry. Imagine life without it. What changes?*

Did you actually thank someone from your list?

What hard moment this week taught you something?

Day 15 Week 3 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 16 Week 3 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 17 Week 3 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 18 Week 3 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 19 Week 3 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 20 Week 3 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 21 Week 3 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Week 3 Reflection*Where did gratitude show up on a tough day?*

Which people keep appearing? What do they share?

What ordinary thing are you noticing more now?

Day 22 Week 4 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 23 Week 4 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 24 Week 4 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 25 Week 4 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 26 Week 4 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 27 Week 4 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 28 Week 4 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Week 4 Reflection*How has your outlook shifted since Day 1, if at all?*

Who deserves a full letter, not just a line? (No. L05)

What do you have now that you once wished for?

Day 29 Week 5 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

Day 30 Week 5 · Date _____

Grateful for 1. _____

2. _____

3. _____

One person to thank _____

Today's win _____

3 Your 30-Day Look Back

My outlook now (1-10) _____

The person who showed up most _____

The entry that meant the most _____

What changed in how I see my days _____

How I'll keep going (daily / weekly) _____

Gratitude letter I'll write next _____

GRATITUDE, APPLIED**Content buyers are hard to pressure.**

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Emmons & McCullough (2003), Counting blessings versus burdens, *Journal of Personality and Social Psychology* 84(2); summary: emmons.faculty.ucdavis.edu/gratitude
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This journal is an educational personal-development tool, not medical or psychological advice or a substitute for professional care. Research findings describe averages across groups and do not guarantee individual results.