

2025 GRATITUDE JOURNAL



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*Gratitude:
A feeling or
expression of
thankfulness and
appreciation.*



Benefits of Gratitude

1. Gratitude is thought to be an essential part of prosocial behavior (Kini et al., 2016).
2. Both expressing and experiencing gratitude are linked with happiness and other positive outcomes (Bono, Emmons, & McCullough, 2004).
3. Some have suggested that gratitude interventions are more effective at increasing well-being than other interventions (Davis et al., 2016).
That's because we're more likely to stick to a gratitude practice making it a useful strategy for boosting well-being in the context of our real lives.
4. Gratitude journaling, in particular, is thought to boost well-being (Seligman, Steen, Park, & Peterson, 2005).

Gratitude Best Practices

1. If posting gratitude on social media, focus your gratitude on other people—how you're grateful for their positive qualities, actions, or experiences you shared together.
2. When expressing gratitude to someone else, try to focus on their positive qualities and actions more than how they made *you* feel.
3. When writing in your gratitude journal, expand your mind to think of even the small things that you are grateful for (e.g., breathable air, water, music).
4. Practice gratitude as often as you can to help it grow from a practice into a habit.



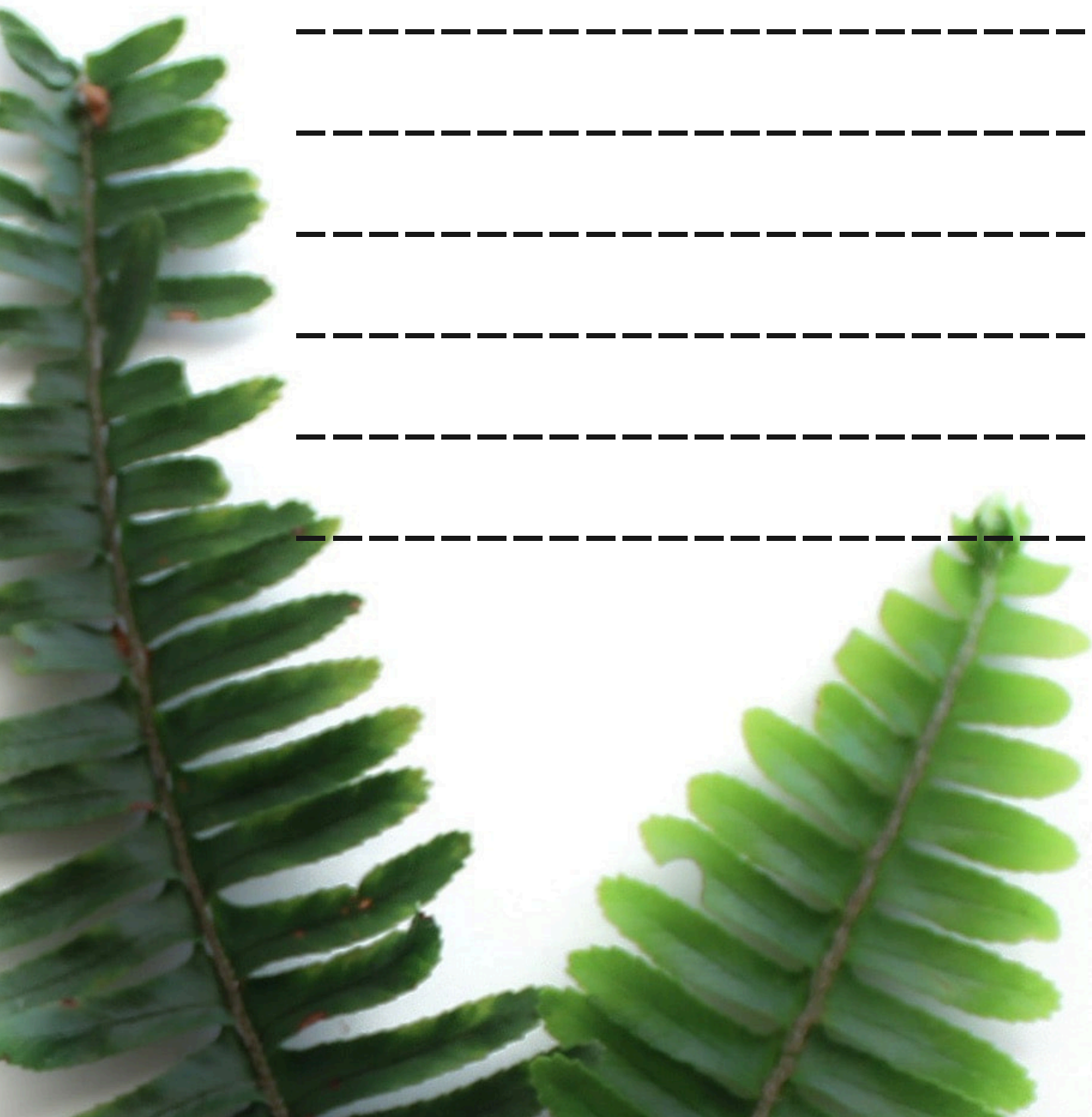
I am grateful for these positive qualities in my friends & family

A series of 20 horizontal dashed lines for writing.



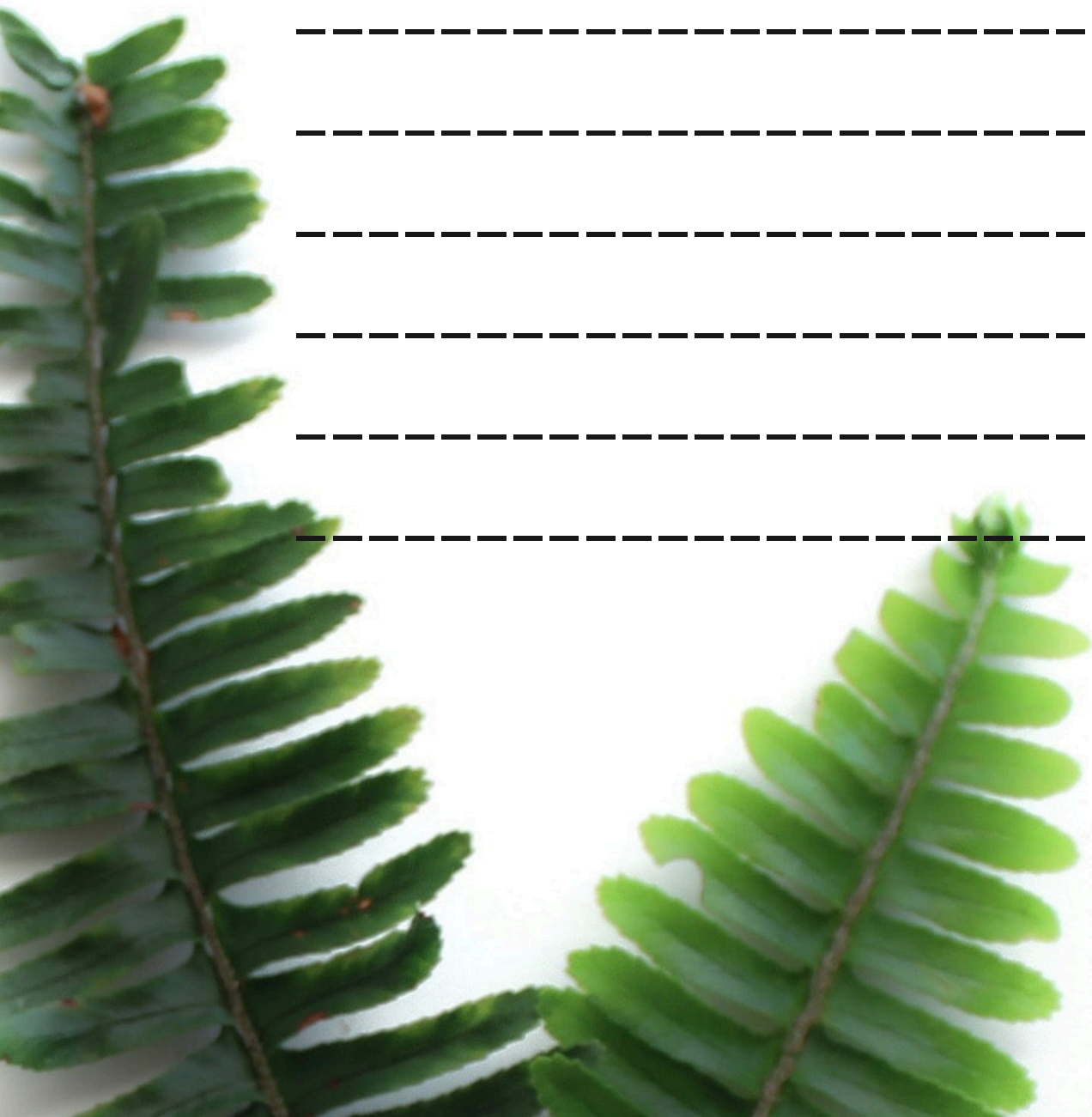
I am grateful for these things

A series of 20 horizontal dashed lines for writing.



I am grateful for these things in nature

A series of 20 horizontal dashed lines for writing.



These things make my life great

A series of horizontal dashed lines for writing.



I am grateful for these memories

A series of 25 horizontal dashed lines for writing.



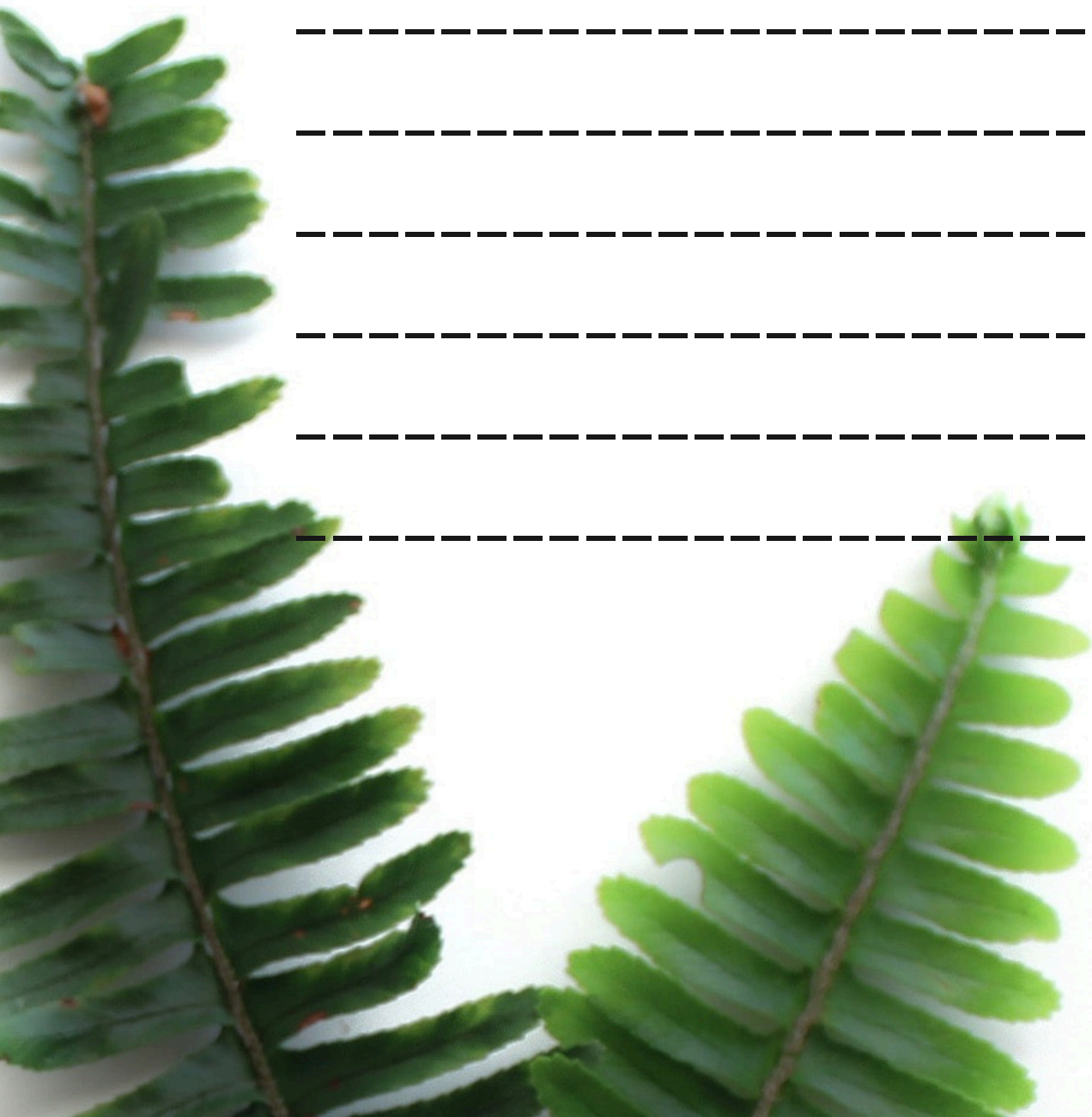
I am grateful for these things about my work

Lined writing area consisting of 20 horizontal dashed lines for text entry.



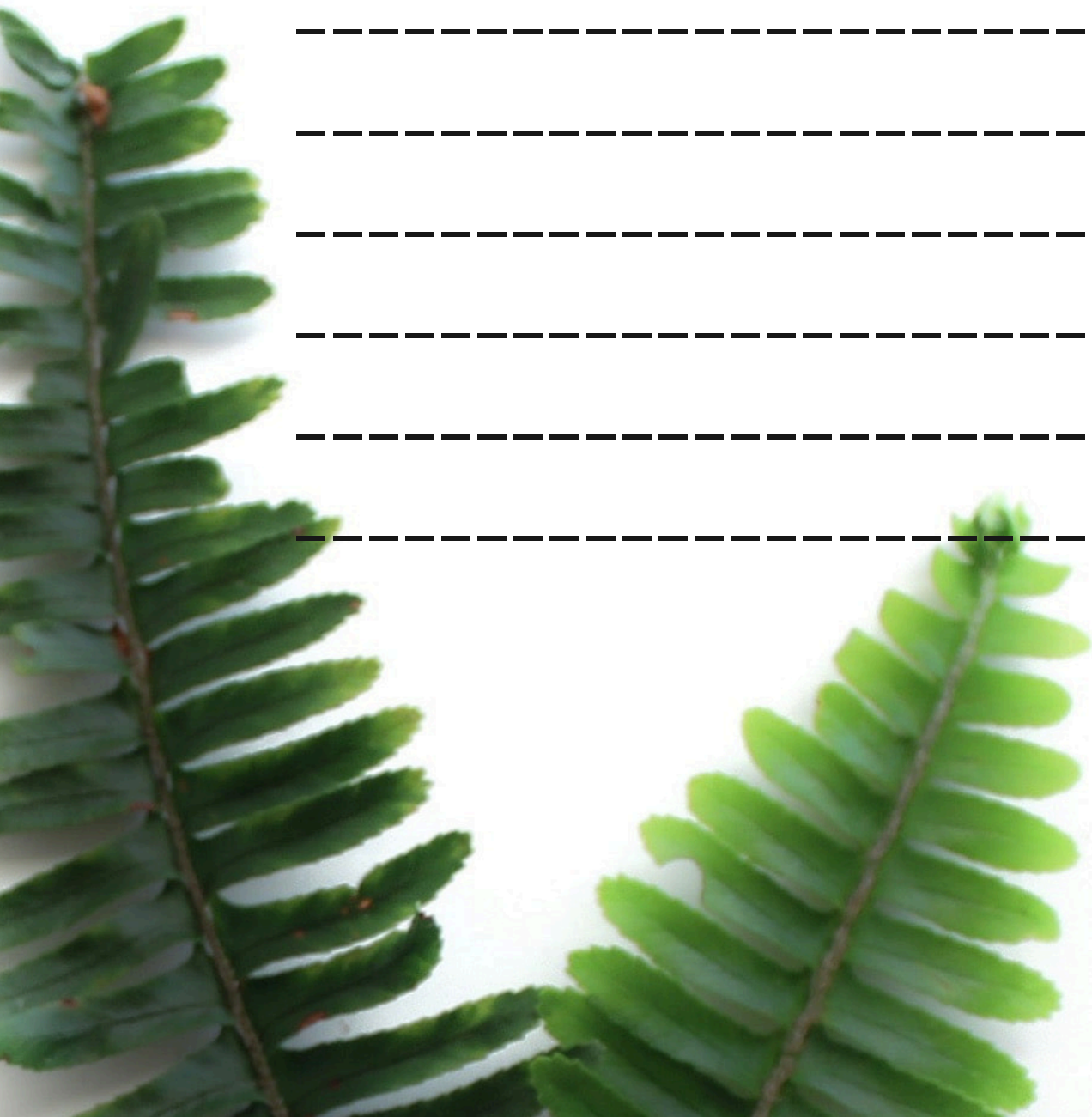
I am grateful for these things about my daily life

A series of horizontal dashed lines for writing.



I am grateful for these hobbies

A series of horizontal dashed lines for writing.



I am grateful for these characteristics of myself

A series of 25 horizontal dashed lines for writing.



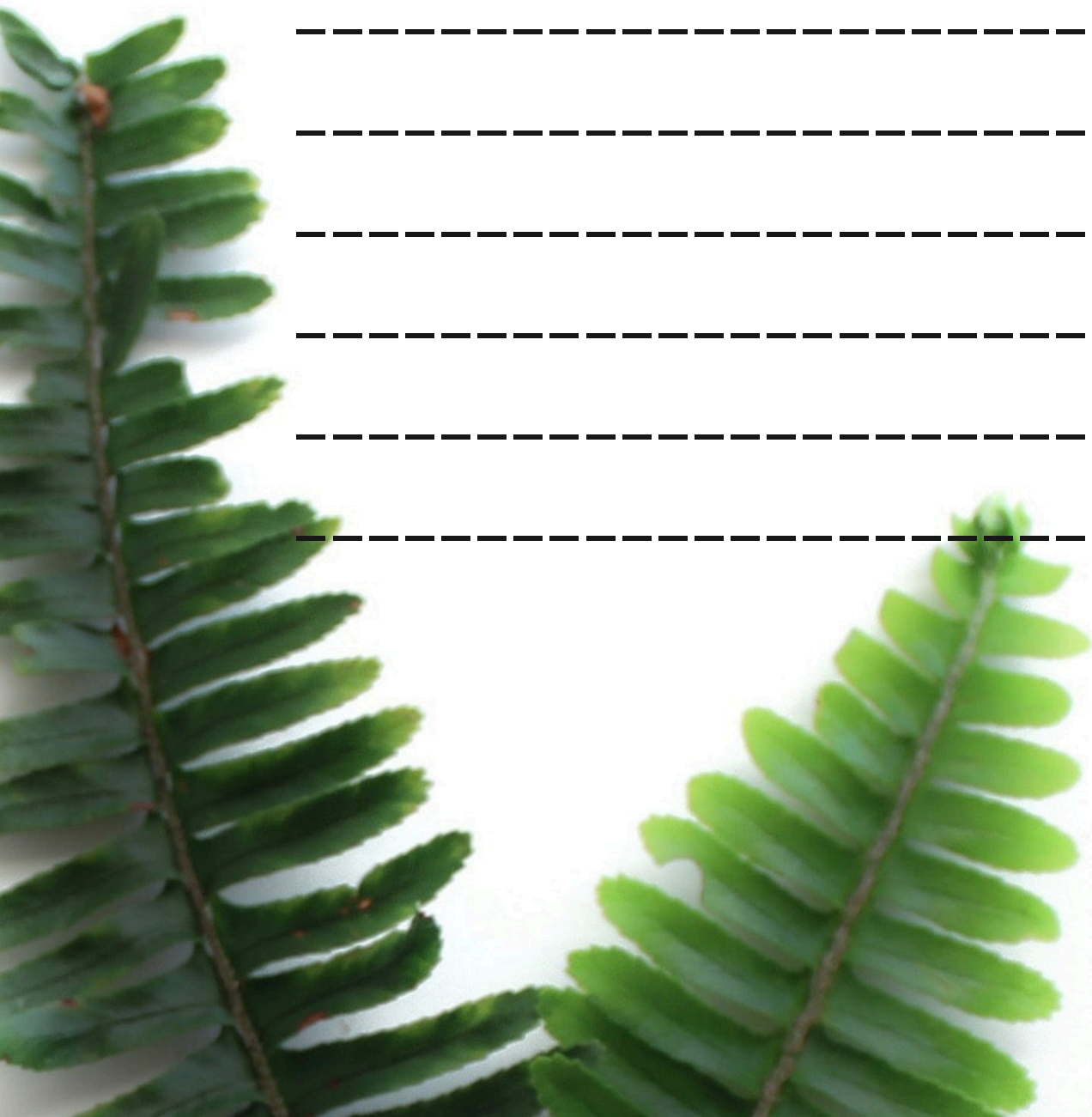
I am grateful for these characteristics of my friends

A series of 20 horizontal dashed lines for writing.



I am grateful for these characteristics of my family

A series of 20 horizontal dashed lines for writing.



I am grateful for these simple pleasures

A series of 20 horizontal dashed lines for writing.



I am grateful for not having to endure these hardships

A series of 20 horizontal dashed lines for writing.



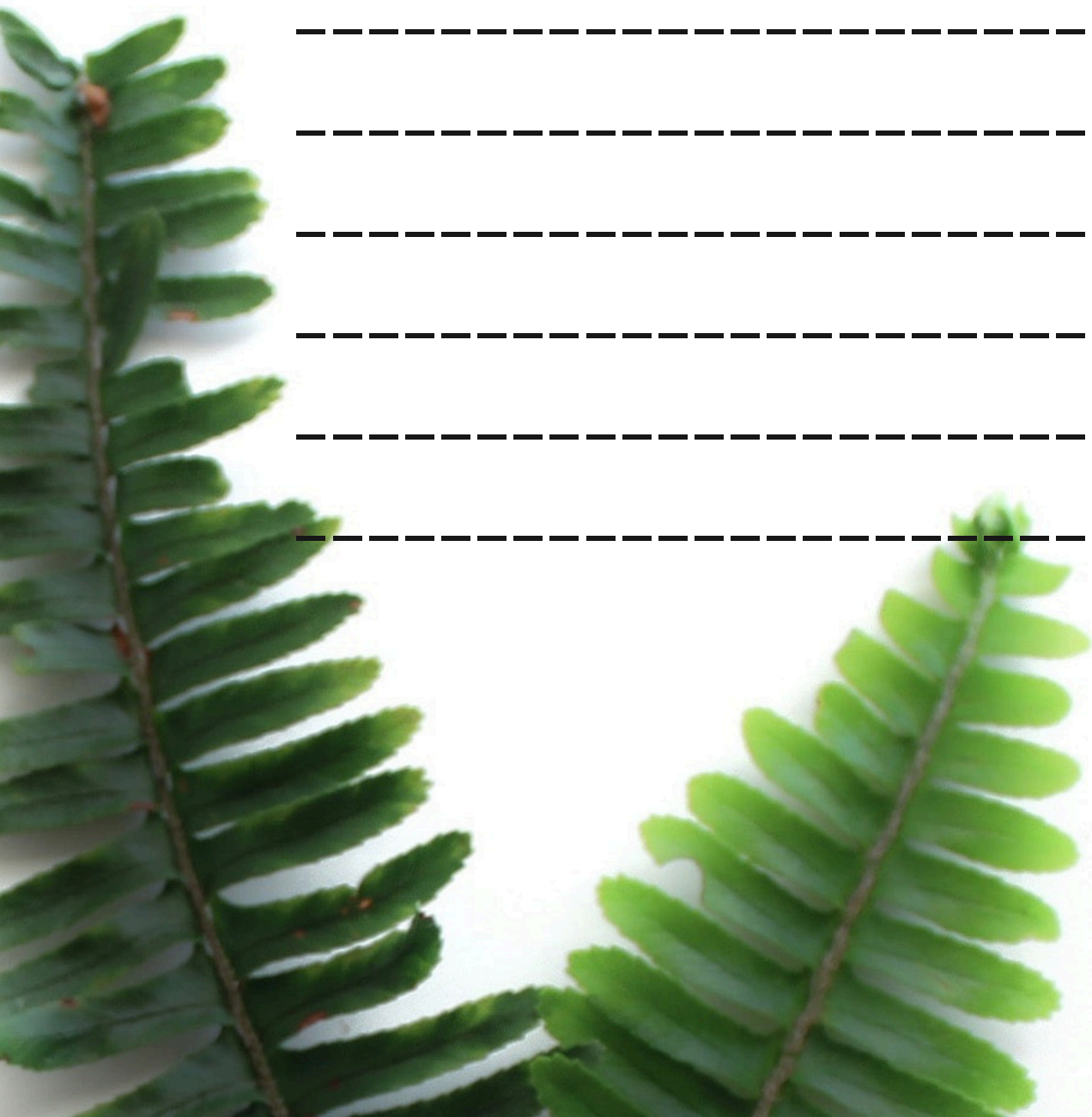
I am grateful for this support that I received

A series of 20 horizontal dashed lines for writing.



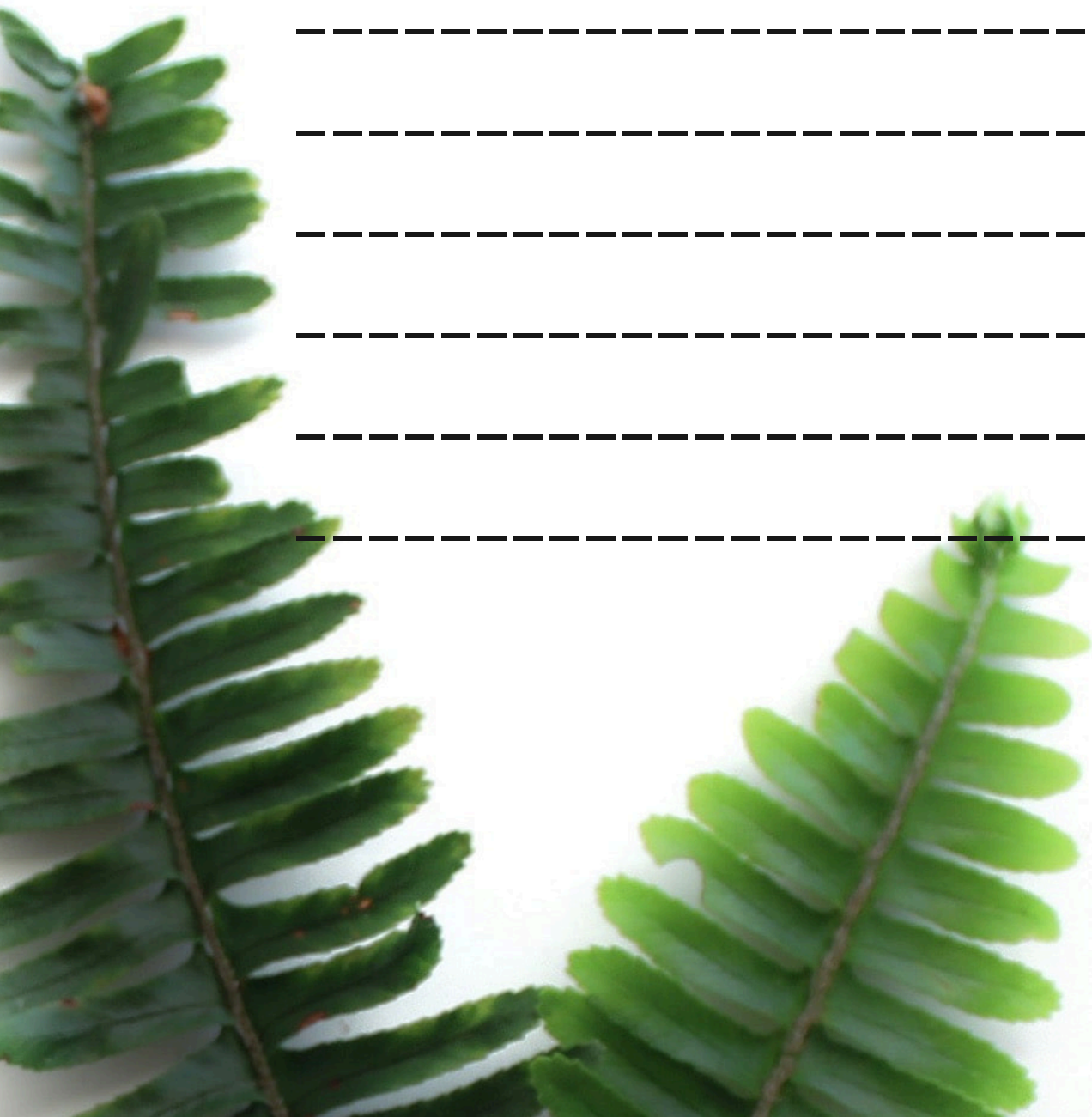
I am grateful for these activities

A series of 20 horizontal dashed lines for writing.



I am grateful for these activities

A series of 20 horizontal dashed lines for writing.



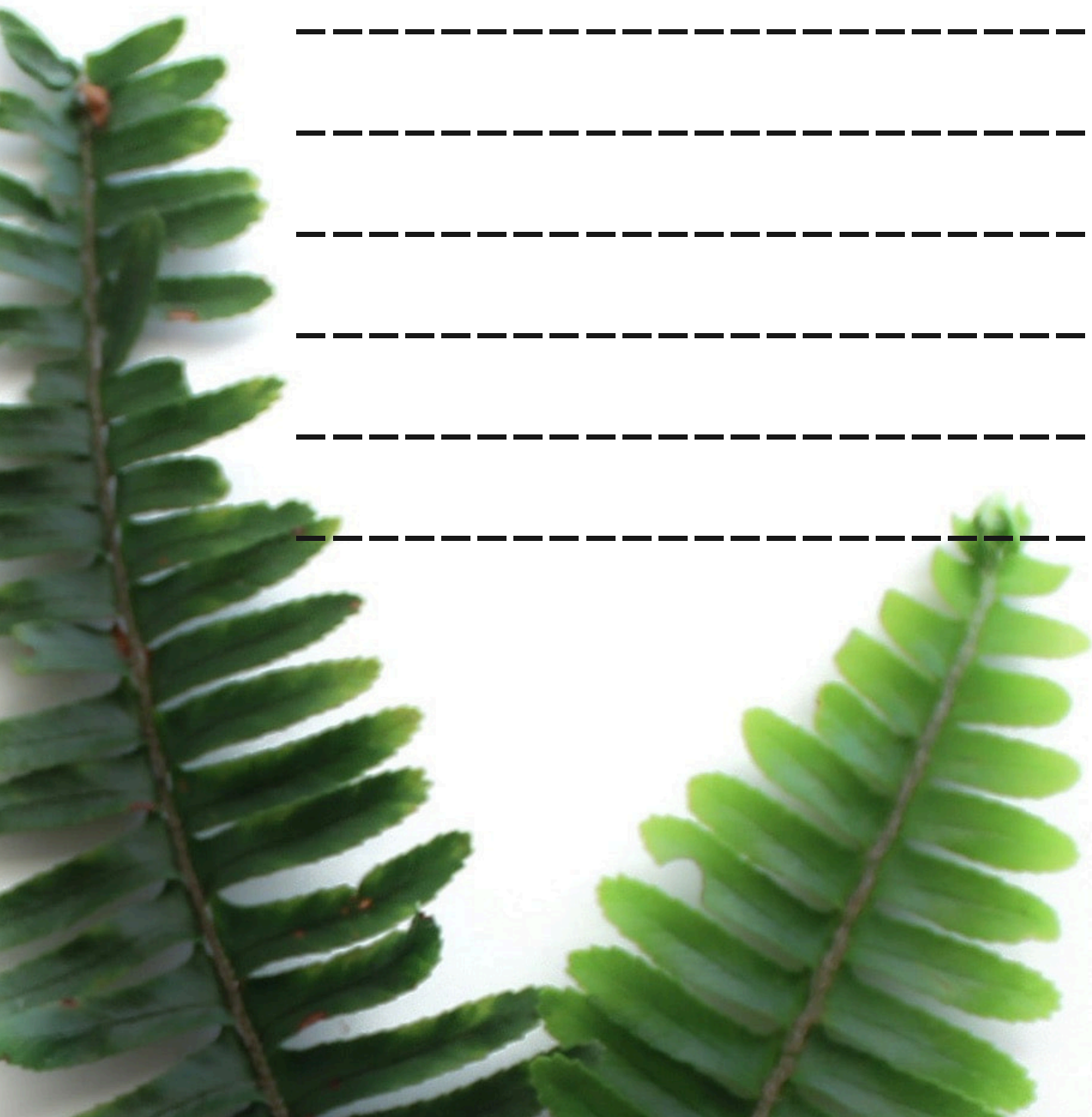
I am grateful for these objects or belongings

A series of 24 horizontal dashed lines for writing.



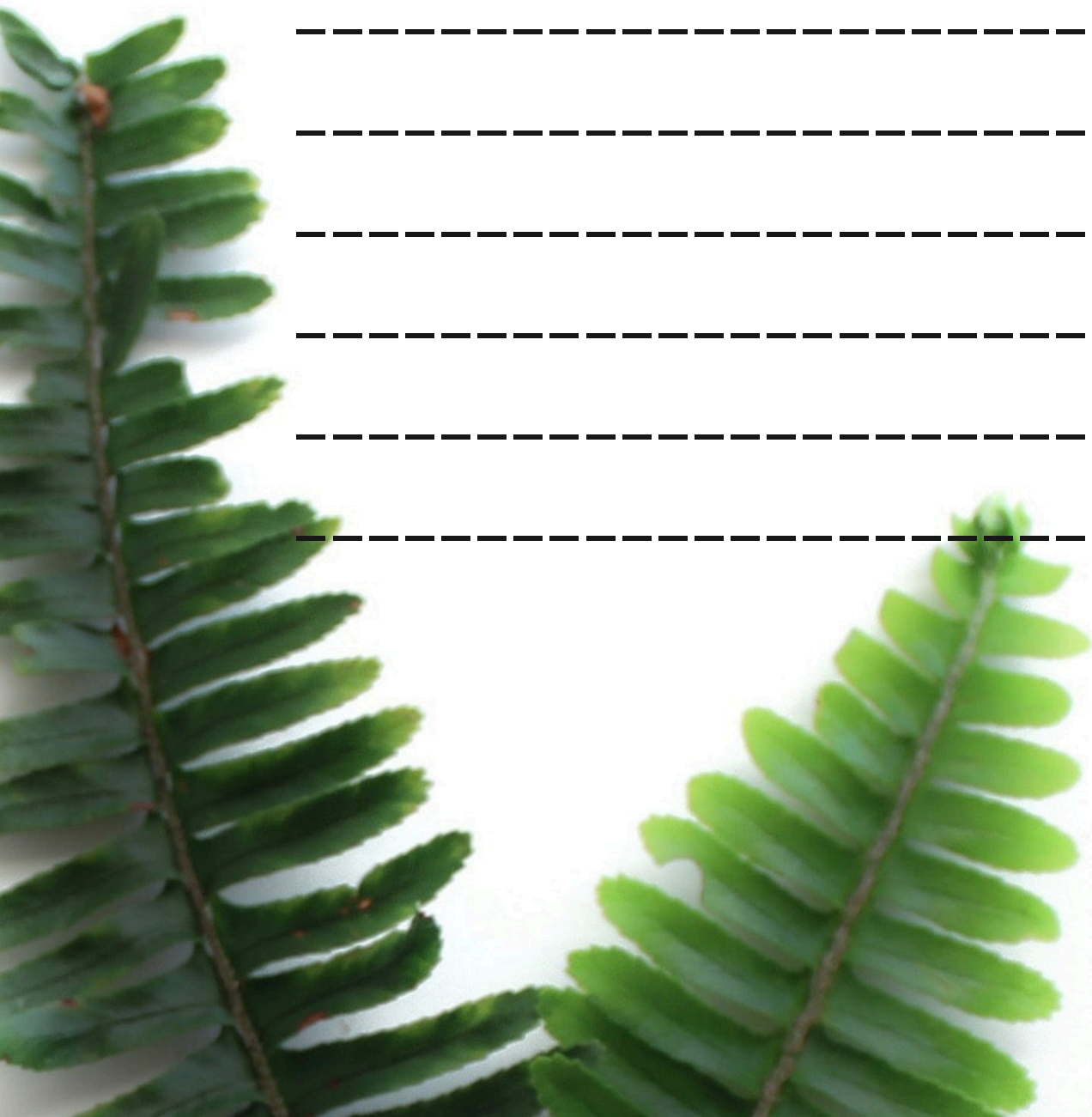
I am grateful for these opportunities

A series of horizontal dashed lines for writing.



I am grateful to have learned these things

A series of 25 horizontal dashed lines for writing.



I am grateful for these aspects of my community

A series of 20 horizontal dashed lines for writing.



I am grateful to have experienced these things

Lined writing area for journaling. The page contains 20 horizontal dashed lines for writing.



I am grateful for these aspects of my world

A series of 20 horizontal dashed lines for writing.



I am grateful for these foods

A series of 20 horizontal dashed lines for writing.



I am grateful for these thoughts

A series of 20 horizontal dashed lines for writing.



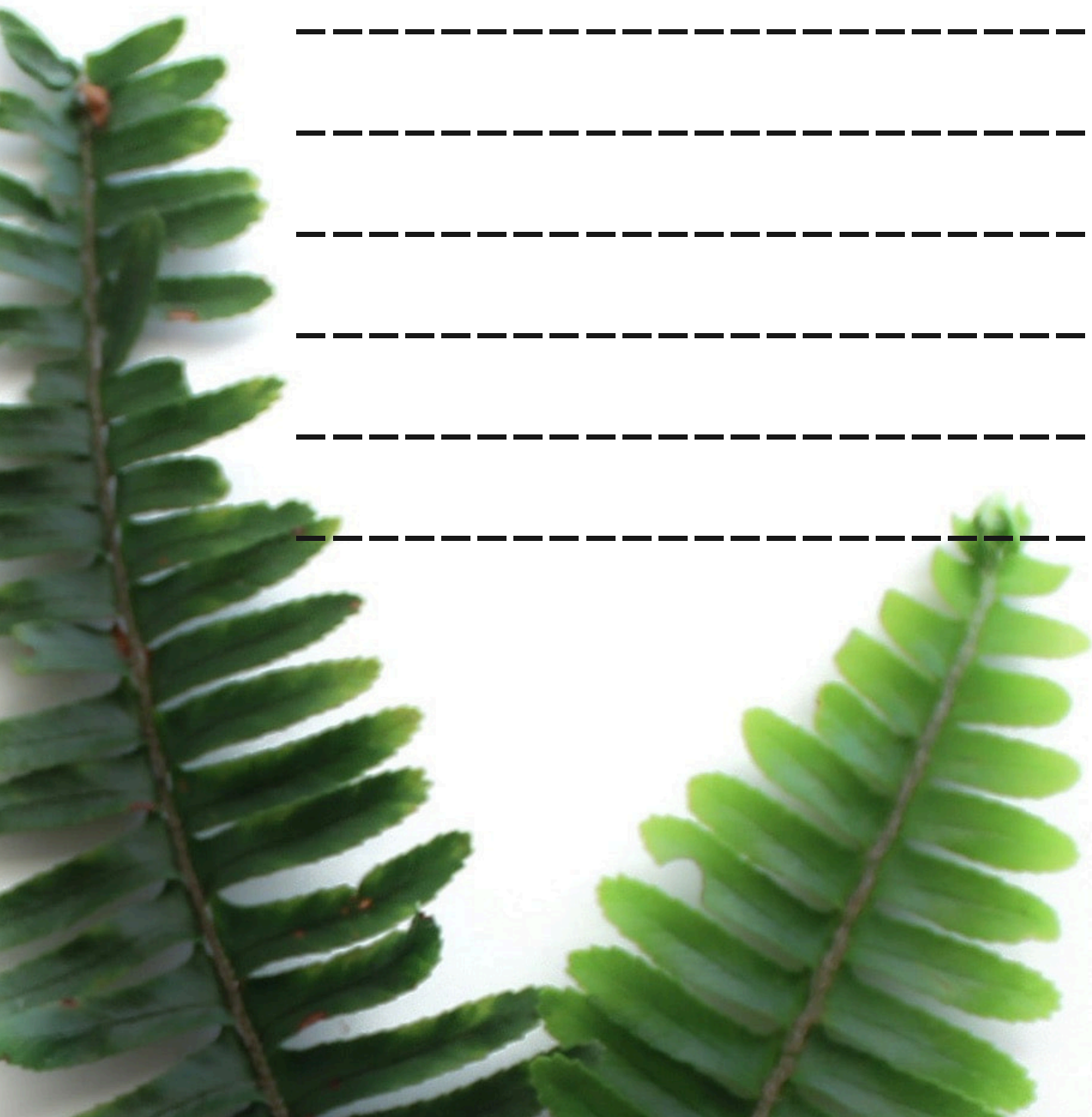
I am grateful for these funny things

A series of 20 horizontal dashed lines for writing.



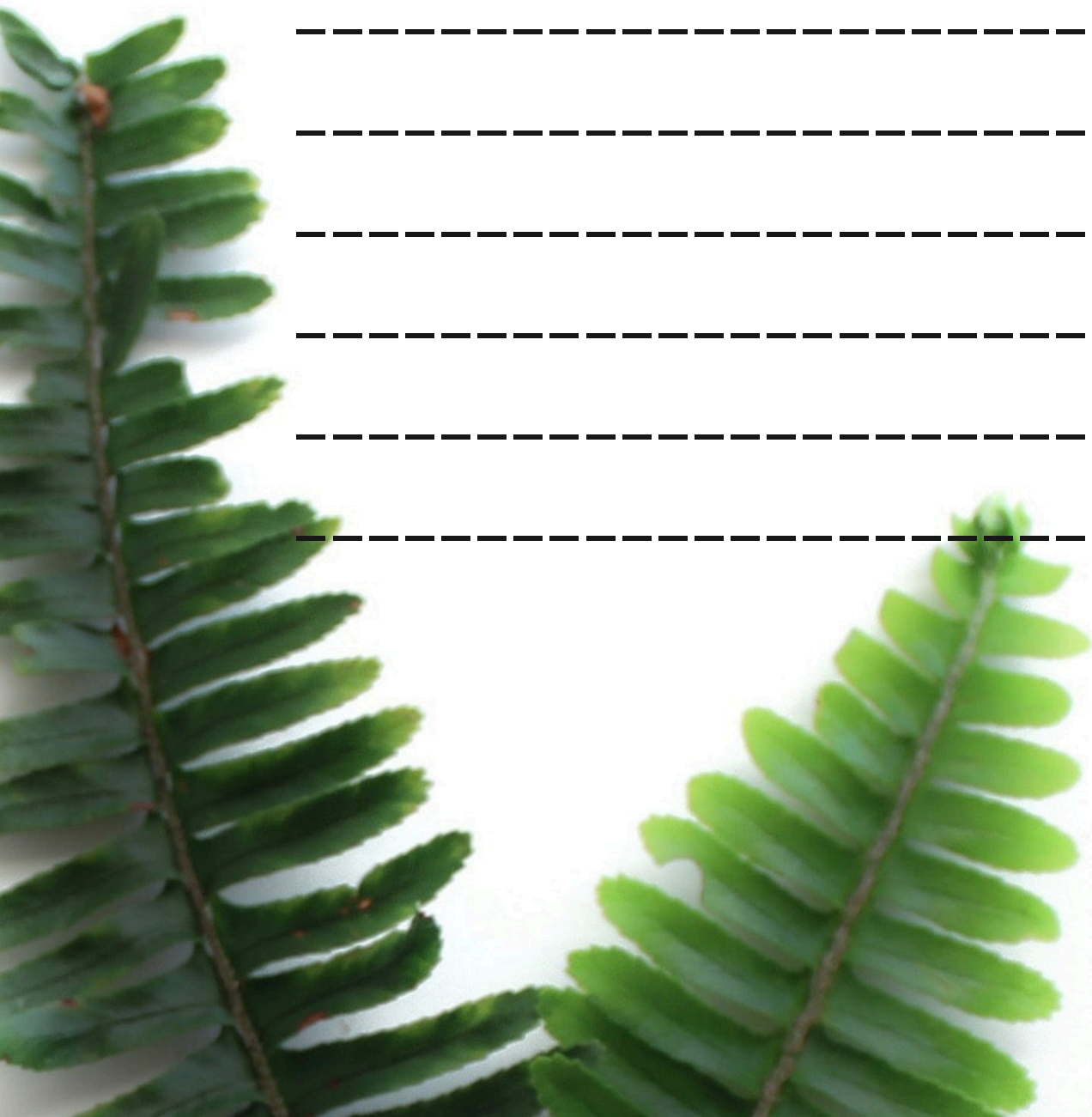
I am grateful for these calming things

A series of 20 horizontal dashed lines for writing.



I am grateful for these exciting things

A series of 20 horizontal dashed lines for writing.



I am grateful for these musicians or bands

A series of 20 horizontal dashed lines for writing.



I am grateful for these unique things

A series of 20 horizontal dashed lines for writing.



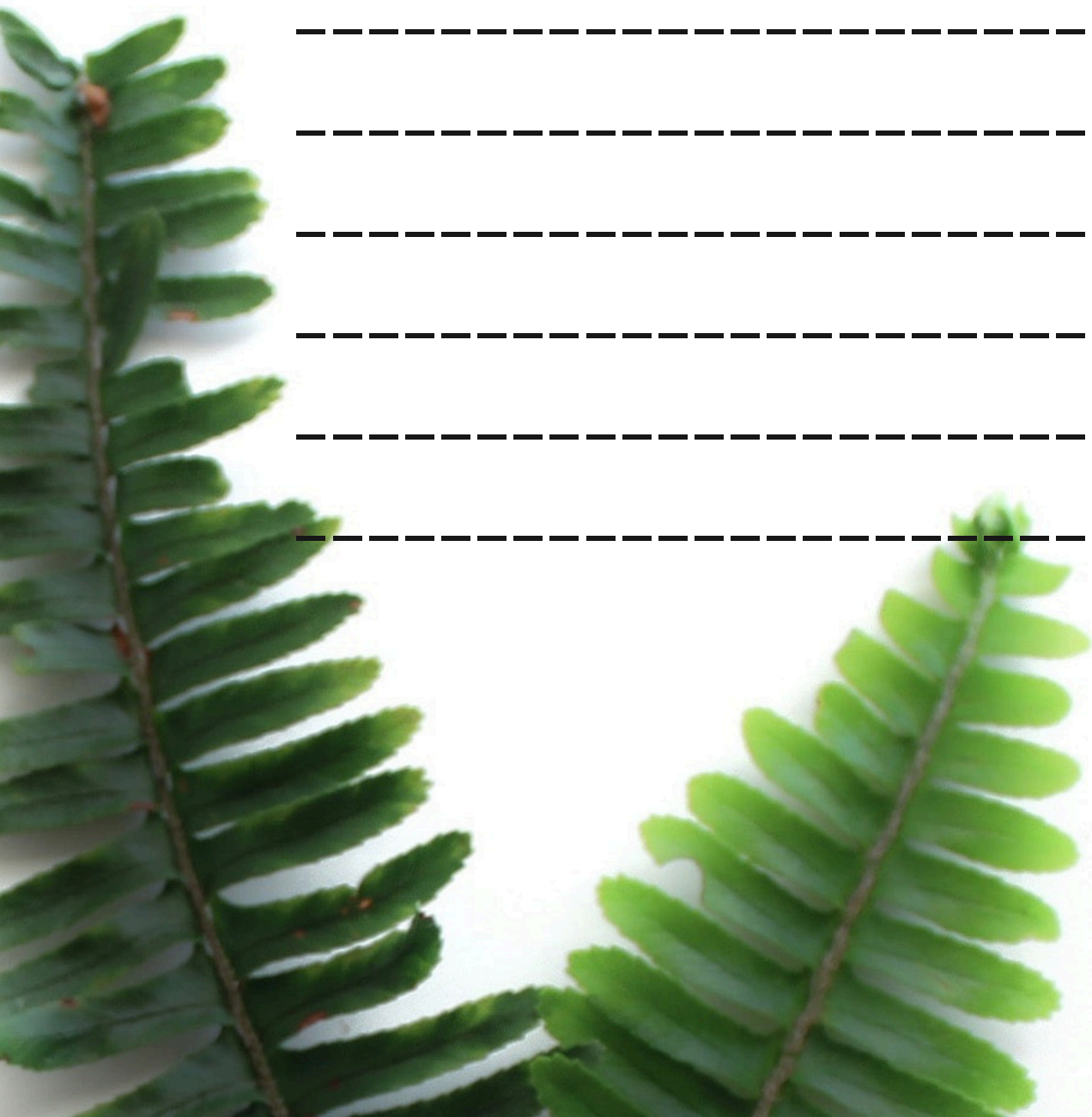
I am grateful for these things that make me feel nostalgic

A series of 20 horizontal dashed lines for writing.



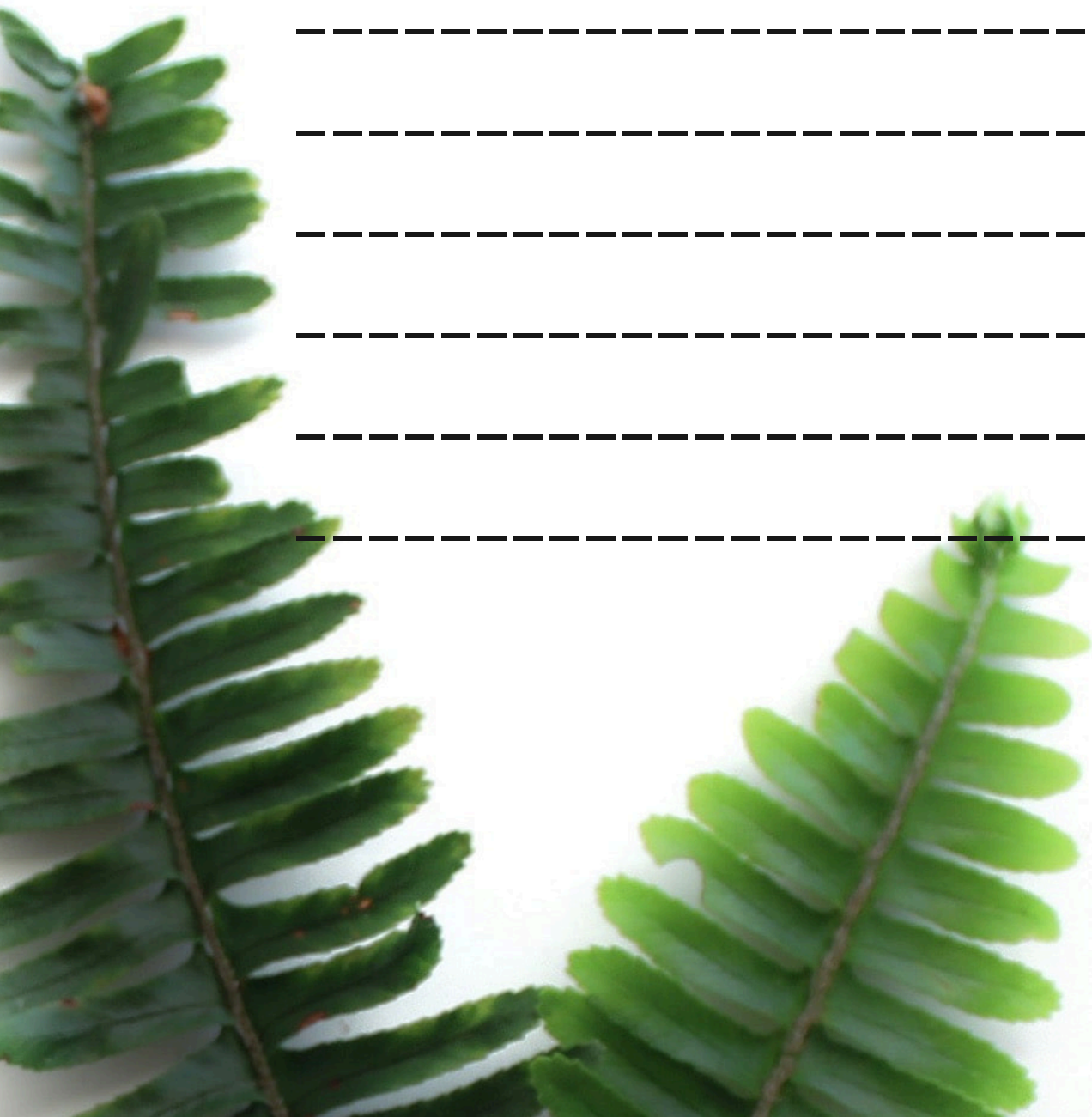
I am grateful for these feelings

A series of horizontal dashed lines for writing.



I am grateful for these difficult things that taught me something

A series of 20 horizontal dashed lines for writing.



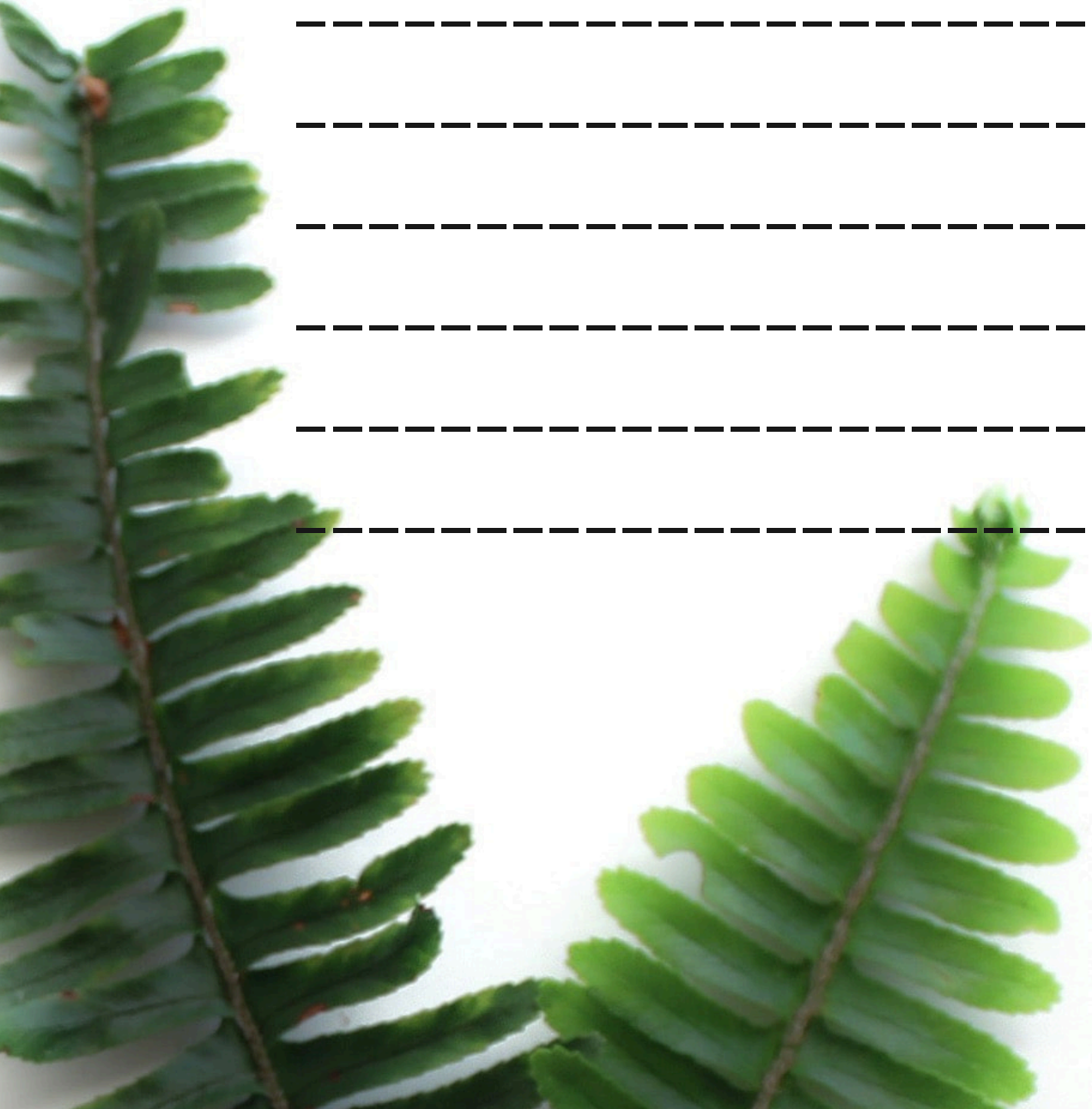
I am grateful that I made these decisions

A series of 25 horizontal dashed lines for writing.



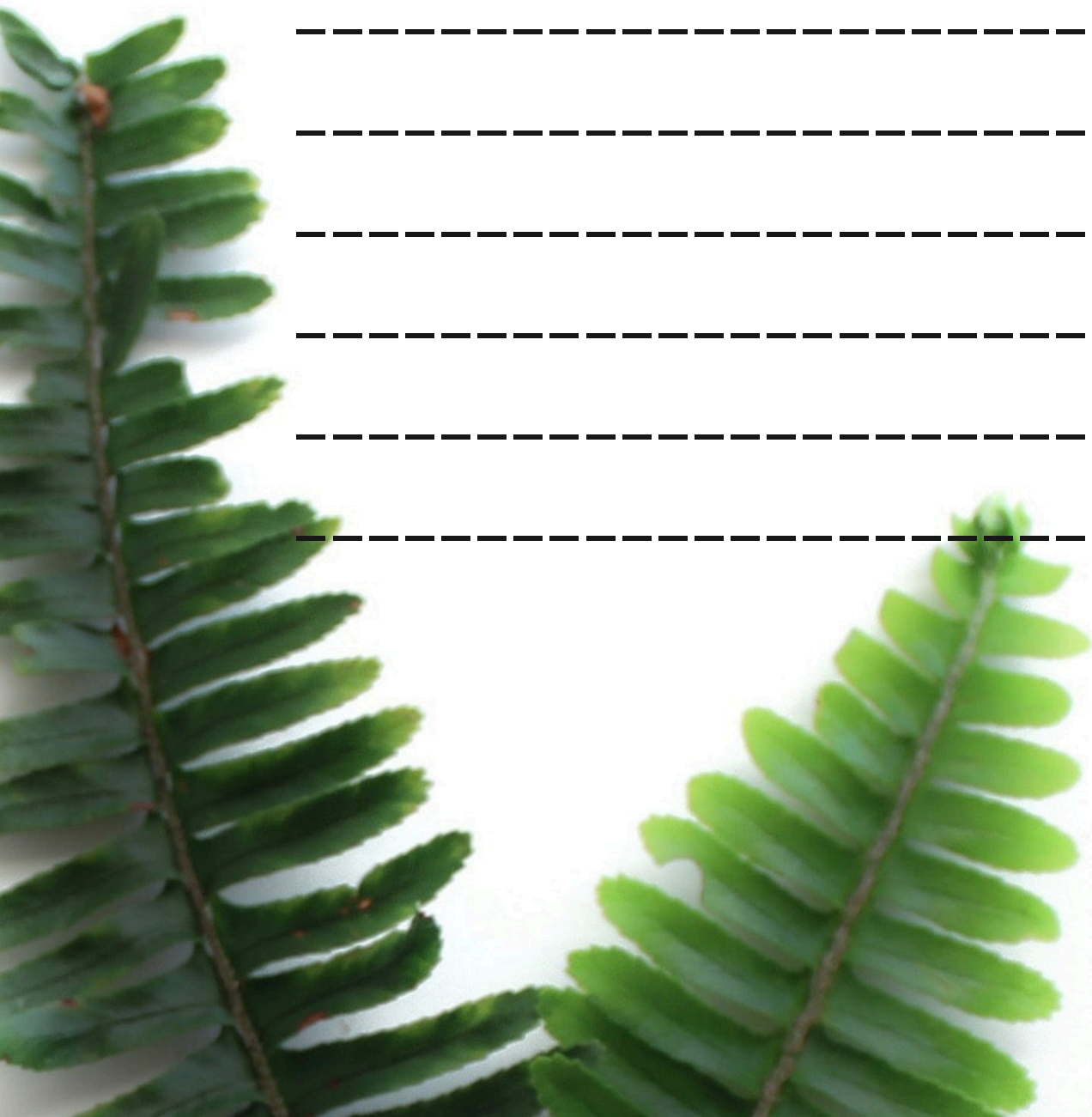
I am grateful for the time I spent with these people

Lined writing area consisting of 22 horizontal dashed lines.



I am grateful for how these activities make my body feel

A series of 20 horizontal dashed lines for writing.



I am grateful for these things that my parents did

A series of 20 horizontal dashed lines for writing.



I am grateful for these treats

A series of 20 horizontal dashed lines for writing.



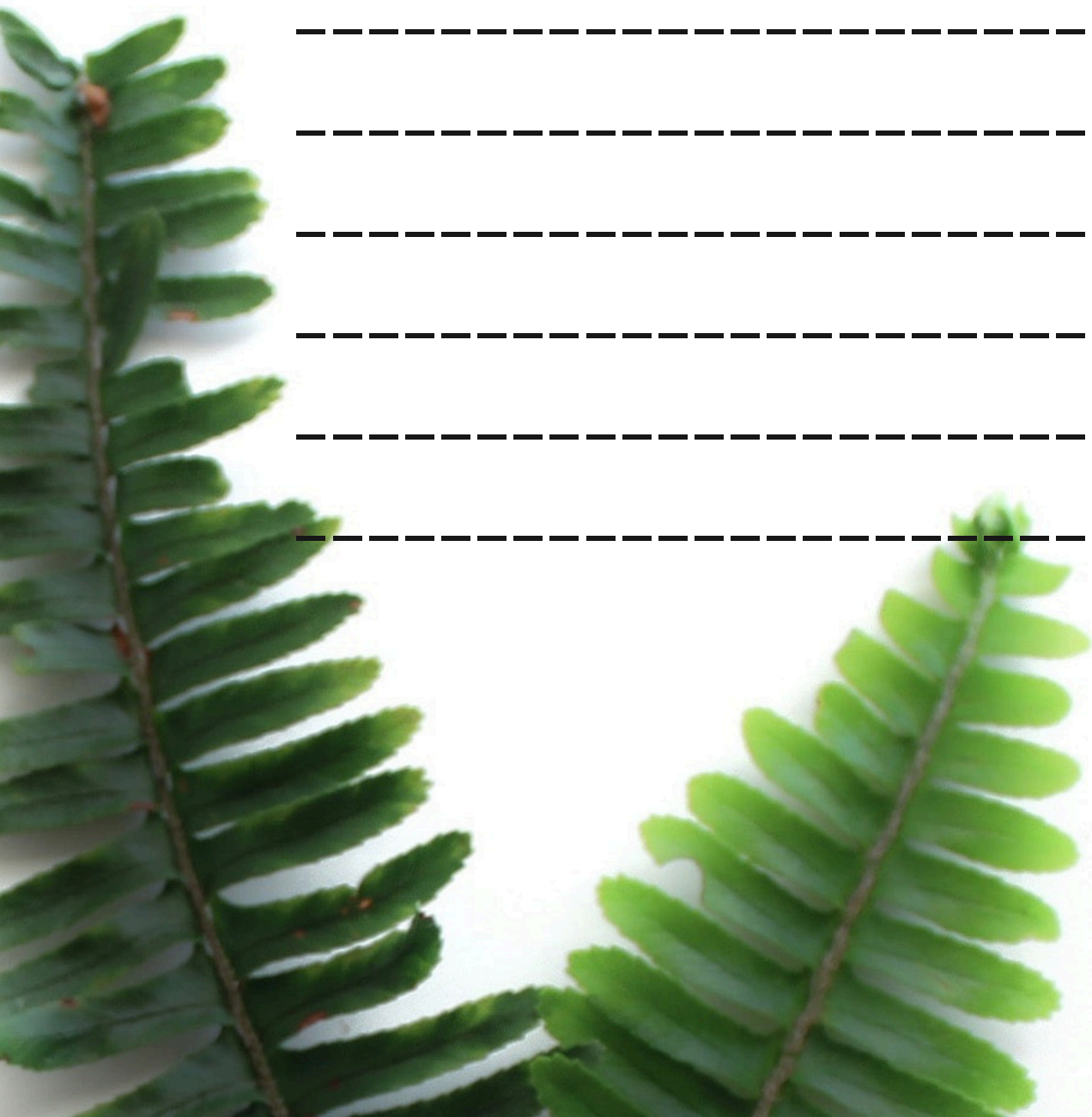
I am grateful for these smells

A series of 20 horizontal dashed lines for writing.



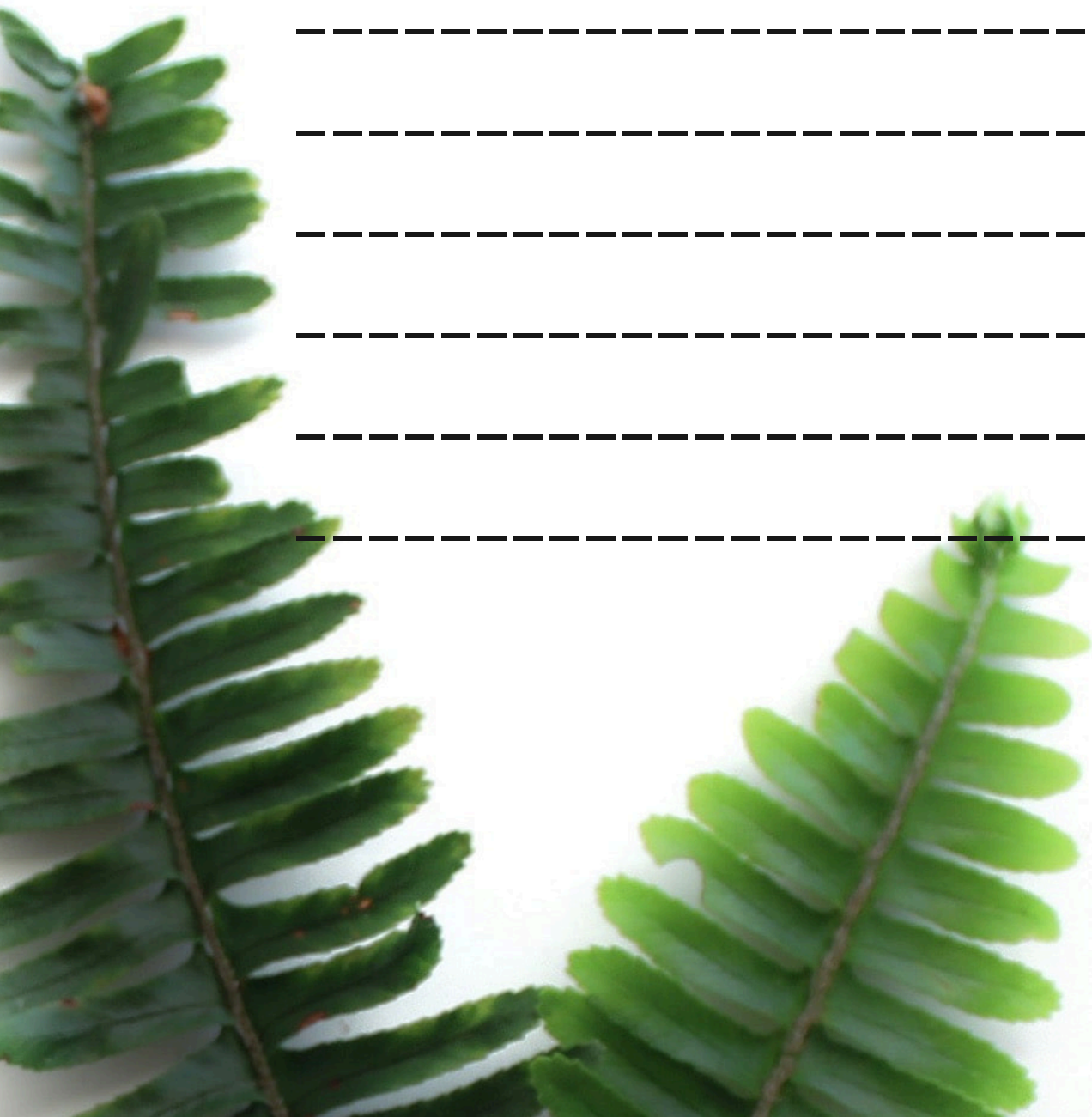
I am grateful for these people

A series of 20 horizontal dashed lines for writing.



I am grateful for these values

A series of 20 horizontal dashed lines for writing.



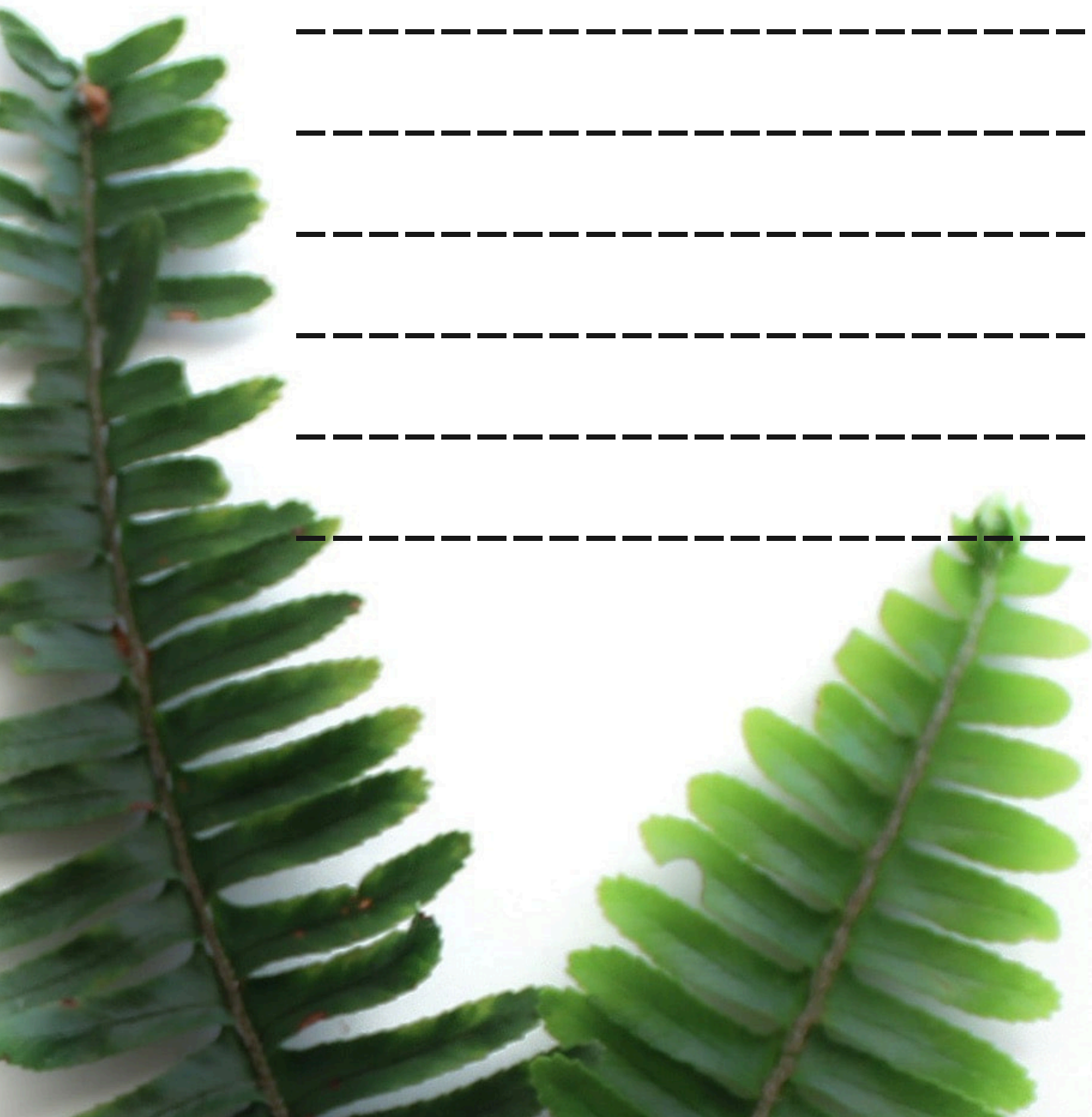
I am grateful for these things that my body can do

A series of 20 horizontal dashed lines for writing.



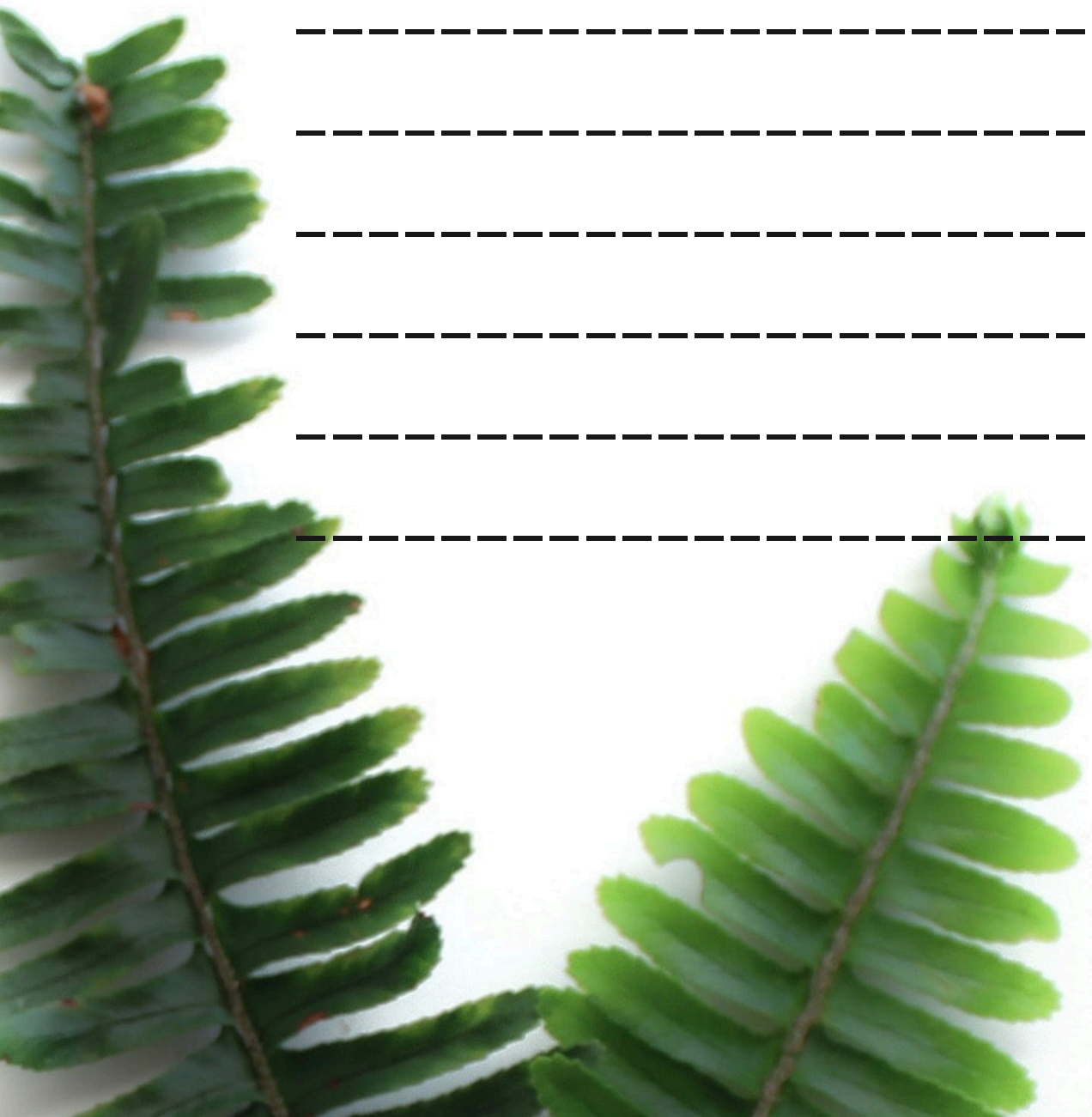
I am grateful for these sensations

A series of 20 horizontal dashed lines for writing.



I am grateful for my ability to do these things

A series of 20 horizontal dashed lines for writing.



I am grateful for these totally random things

A series of 20 horizontal dashed lines for writing.



I am grateful for these things in my life today

A series of 20 horizontal dashed lines for writing.



I am grateful for these aspects of being alive

A series of 25 horizontal dashed lines for writing.

