

# 2024 GRATITUDE JOURNAL



Newsome Psychological Services  
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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.





# Sometimes gratitude can be challenging.

When we are struggling through difficult times cultivating gratitude can be difficult.

Practicing gratitude can change our mentality towards gratitude.

Starting small can help.

Try replacing the concept of gratitude with what seems like a gift in the moment.

Examples include a gentle breeze, the sight of a bird flying by or the warmth of the sunshine on your face.







I am grateful for these things

A series of 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 horizontal dashed lines for writing.





I am grateful for these things about my work or  
school

A series of horizontal dashed lines for writing.



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 20 horizontal dashed lines for writing.



I am grateful for these characteristics of myself

A series of 20 horizontal dashed lines for writing.



I am grateful for these characteristics of my  
friends

A series of horizontal dashed lines for writing.





I am grateful for these characteristics of my family

A series of 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 horizontal dashed lines for writing.





I am grateful for this support that I received

A series of horizontal dashed lines for writing.



I am grateful for these activities

A series of horizontal dashed lines for writing.



I give myself permission to feel what I am feeling  
right now even if it is not gratitude





I am grateful for these objects or belongings

A series of 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 horizontal dashed lines for writing.





I am grateful for these aspects of my community

A series of horizontal dashed lines for writing.



I am grateful to have experienced these things

A series of horizontal dashed lines for writing.



I am grateful for these aspects of my world

A series of horizontal dashed lines for writing.





I am grateful for these foods

A series of horizontal dashed lines for writing.



I am grateful for these thoughts

A series of 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 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 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 horizontal dashed lines for writing.



I am grateful that I made these decisions

A series of horizontal dashed lines for writing.



I am grateful for the time I spent with these  
people

A series of horizontal dashed lines for writing.





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 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.....

A series of 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 horizontal dashed lines for writing.





I am grateful for these totally random things

A series of horizontal dashed lines for writing.



I am grateful for these things in my life today

A series of horizontal dashed lines for writing.



I am grateful for these aspects of being alive

A series of horizontal dashed lines for writing.





We're grateful!

To our clients, partners and staff, we sincerely appreciate your confidence and loyalty.



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