

My Little Big Gratitude Journal



BY



WEST LONDON LIFE COACHING
for Confidence and Wellbeing

How to use this journal

“Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings.” – Proverb

Imagine feeling positive and happy when you wake up in the morning. Starting your day energised and feeling positive that you can overcome any difficulty that may arise at work.

Practising gratitude regularly has the power to make you feel this way.

Here is how you can use this journal to start a gratitude habit.

1) Every morning, identify an affirmation, a mantra, that you can repeat to yourself many times during the day to counteract negative or challenging thoughts. Here are some example of positive affirmations:

I am good enough.

I choose to be happy.

I am a confident person. I believe in myself and trust my abilities.

I can overcome any obstacle and achieve my goals.

2) In the evening, identify three things (little or big) that made your day worthwhile. Be specific. Change - if possible - the object of your gratitude every day. For example, if you are feeling grateful for having a loving partner, define what exactly he/she did, today, to make you feel thankful.

3) Think of what you did, during the day, that you are proud of. Did you find a smart way to solve a problem? Did you cook a delicious meal? Were you able to deal with a difficult situation? Focusing on something you did well will reinforce your self-esteem and give you a new perspective.

4) Add some thoughts, things you want to remember, plans for the next day.

5) Every Sunday, take some minutes to write a short message to someone in your life you are grateful to.

It can be someone from your past (a former teacher, a friend from your childhood, your younger self) or from your present (your spouse, your parents).

It can even be someone from your future (your next employer..).

Remember to appreciate all the good things that that person has brought into your life. According to positive psychology, this exercise is one of the most powerful tools to bring out strong positive emotions within yourself and the person you are feeling grateful to.

You can decide to send your letter or to keep it. Never mind. Just write it.

6) Sunday evening is a perfect time to make plans for the following week. Write down all the positive actions you intend to carry out, the intentions that will bring joy into your life or the life of others. Cooking a delicious breakfast for your child on exam day? Making an appointment for a massage? A coffee with a friend?

Remember: gratitude is medicine for the soul. Fill your days with it. You will feel better, and so the people around you.

Week starting on.....

Monday

Morning

My self-affirmation for today:

Evening:

What am I grateful for, today? Why?

- 1.
- 2.
- 3.

What did I do well, today?

Other thoughts/Things to remember

Tuesday

Morning

My self-affirmation for today:

Evening:

What am I grateful for, today? Why?

- 1.
- 2.
- 3.

What did I do well, today?

Other thoughts/Things to remember

Wednesday

Morning

My self-affirmation for today:

Evening:

What am I grateful for, today? Why?

- 1.
- 2.
- 3.

What did I do well, today?

Other thoughts/Things to remember

Week starting on.....

Thursday

Morning

My self-affirmation for today:

Evening:

What am I grateful for, today? Why?

- 1.
- 2.
- 3.

What did I do well, today?

Other thoughts/Things to remember

Friday

Morning

My self-affirmation for today:

Evening:

What am I grateful for, today? Why?

- 1.
- 2.
- 3.

What did I do well, today?

Other thoughts/Things to remember

Saturday

Morning

My self-affirmation for today:

Evening:

What am I grateful for, today? Why?

- 1.
- 2.
- 3.

What did I do well, today?

Other thoughts/Things to remember

Week starting on.....

Sunday

Morning

My self-affirmation for today:

Evening:

What am I grateful for, today? Why?

- 1.
- 2.
- 3.

What did I do well, today?

Other thoughts/Things to remember

Here is a thank you message for
someone I am grateful to in my life

My gratitude plans for
next week