My Gratitude Journal

Specific beats long. Write the who and the why.

Name: _____ **Date:** _____

1 My journal

One to three entries each time you write, once a week is plenty

Day	What went well or I am grateful for	Who or what made it happen	How it felt 0 to 10	Why it matters

2 Savor one good moment

Replay it for one minute, then write it down

Where I was and who was there: _____

What I saw, heard or tasted: _____

How it felt in my body: _____

Who or what made it possible: _____

What it says about what matters to me: _____

3 Fresh prompts

Tick one when your entries start to feel the same

- ☐ Someone who helped me
- ☐ A problem that went better
- ☐ Something I usually ignore
- ☐ A skill I am glad I have
- ☐ A small thing I enjoyed
- ☐ Something I learned
- ☐ A message that made me smile
- ☐ Something about today
- ☐ Something my body did
- ☐ A place I like being
- ☐ Someone I never thanked
- ☐ Other:

4 What I noticed this week

Look back over your entries at the end of the week

People who showed up most often:

Entries that still felt alive, and ones that felt like a chore:

What I will keep, and one thing I will change next week:

Original layout by Lotus & Tulip. A reflection tool, not a test, a diagnosis or medical advice.

Free printable from Lotus & Tulip · lotustulip.com/gratitude-worksheets-for-adults.html

My Gratitude Plan

Fresh and honest beats daily and forced.

Name: _____ **Date:** _____

1 Why I want to practice

What I hope it adds to my week, in my own words

_____

_____

_____

2 How often and when

If entries go stale, write less often, not more

- ☐ Once a week
- ☐ 2 or 3 times a week
- ☐ Daily, for one week

Right after (an existing routine): _____

Where I keep this page: _____

3 My gratitude letter planner

Thank one person, specifically

Who I want to thank: _____

What they did: _____

How it affected me, then and now: _____

I will:

- ☐ Read it to them
- ☐ Send it
- ☐ Keep it

4 When gratitude is the wrong tool for me

Grief, exhaustion, an unsafe situation or very low mood

On those days I will skip it and instead (rest, self compassion, ask for help):

_____

5 My 4 week check

At the end of each week: times I wrote, how alive it felt 0 to 10, one thing I noticed

Week 1	Week 2	Week 3	Week 4
Times: _____	Times: _____	Times: _____	Times: _____
Alive 0-10: _____	Alive 0-10: _____	Alive 0-10: _____	Alive 0-10: _____
Noticed: _____	Noticed: _____	Noticed: _____	Noticed: _____

Good to know

1. Not a test or a diagnosis. This page is not the GQ-6 or any other published scale and gives no score.
2. Gratitude does not cancel real problems. You can be grateful and still be hurt or angry.
3. Research shows small effects on depression and anxiety. If low mood lasts, talk to a doctor or therapist.

In the US: call or text 988 in a mental health crisis.

I will review this plan on: _____

Original layout by Lotus & Tulip. A reflection tool, not a test, a diagnosis or medical advice.

Free printable from Lotus & Tulip · lotustulip.com/gratitude-worksheets-for-adults.html

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Depression and Behavioral Activation Worksheets for Therapists, mood cycle, activity log, activity menu and weekly plan

Holiday sale on Etsy until Dec 2: about $9.20, was $12

Get it on Etsy

etsy.com/listing/4607328229 | instant digital download

See every page first: lotustulip.com/depression-and-behavioral-activation-worksheets.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.