

21 Day Gratitude Journal

HOLY BOAR
LANE
TRINITY



This journal is designed to be used alongside our course, Gratitude Works. For more information about the exercises, consult Chapter 7 of Robert Emmons' book Gratitude Works.

Each daily activity should take around 10-15 minutes to complete. There is a gratitude quotient to complete at the beginning and the end of the 21 days.

To find out more about Holy Trinity Boar Lane and how we can continue to support your wellbeing, visit

holytrinityboarlane.org/wellbeing

Gratitude Quotient

1= strongly disagree
2=disagree
3=slightly disagree
4=neutral

5= slightly agree
6= agree
7=strongly agree

1. I have so much to be thankful for.
2. If I had to list everything that I felt grateful for, it would be a very long list.
3. When I look at the world, I don't see much to be grateful for.
4. I am grateful to a wide variety of people.
5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
6. Long amounts of time can go by before I feel grateful to something or someone.
7. I have been richly blessed in my life.
8. To be honest, it takes an awful lot to make a person like me feel appreciative.
9. I have a wonderful sense of thanksgiving for life itself.
10. I often reflect on how much easier my life is because of the efforts of others.

Gratitude Quotient

1. Add up your scores for items: 1, 2, 4, 5, 7, 9 and 10.
2. Reverse your scores for items 3, 6, and 8 (if you scored a 7, give yourself a 1, if you scored a 6, give yourself a 2, and so on).
3. Add the scores from step one to the reverse scores from 2. This is your total gratitude quotient score. The number should be between 10 and 70.

My Score:

65-70. Extremely high gratitude. People who score in this range have the ability to see life as a gift. For you gratitude is a way of life.

54-64 Very high gratitude. Your life contains frequent expressions of gratitude and you are able to readily acknowledge how others have helped you.

53-58 High gratitude. You are above average in gratitude and find it relatively easy to spend time reflecting on your blessings.

46-52 Average gratitude. You may find it easy being grateful when things are going well in your life but may have difficulties maintaining a grateful outlook in tough times.

40-45 Below average gratitude. You find it challenging to find reasons for gratitude in your life. Life is more a burden than a gift. Perhaps you are going through a difficult season.

Day 1

Three Blessings

Spend a few minutes recalling and writing down three good things that have happened today for which you could give other people some credit. It is important to write down why that good thing happened. What enabled the positive event? Why do you think it happened? What does it mean to you? What can you do to make it happen again?

1.

2.

3.

Day 2

To Whom for What?

In this activity you will focus on those things in your life that you might be grateful or thankful for and the source or provider of these good things. Who has provided you with a benefit? Your partner? A neighbour? Coworker? Think back over the day and write things for which you are thankful and who provided this gift or benefit to you.

I am grateful to.....
For
.....
.....

I am grateful to.....
For
.....
.....

I am grateful to.....
For
.....
.....

Day 3

The Gifted Self

In this activity, focus for a moment on gifts you have received in life. These could be simple everyday pleasures, people, personal strengths, moments of natural beauty, or gestures of kindness. Reflect on the value of these gifts. As you list these, slowly repeat the phrase: “I have been gifted”. Be aware of your feelings as you do this. Finally, ask yourself the question: “In what ways might I give back to others as a response to the gratitude I feel?”

A large, empty rectangular box with a thin black border, intended for the user to write their reflections and answers to the questions posed in the text above.

Day 4

Looking to the Future

Choose an activity, event, experience, or relationship that may be ending soon. This chapter of your life will end soon. Keep in mind that you only have a short amount of time left with this event or person. Try to select an experience in which you have between one and three months remaining. Given how little time you have left, write about why you are grateful for this thing.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

Day 5

The Absence of Blessing

Think of an aspect of your life for which you feel grateful then write about the ways in which this might never have happened (e.g., “what would have happened if I had never met this person”)

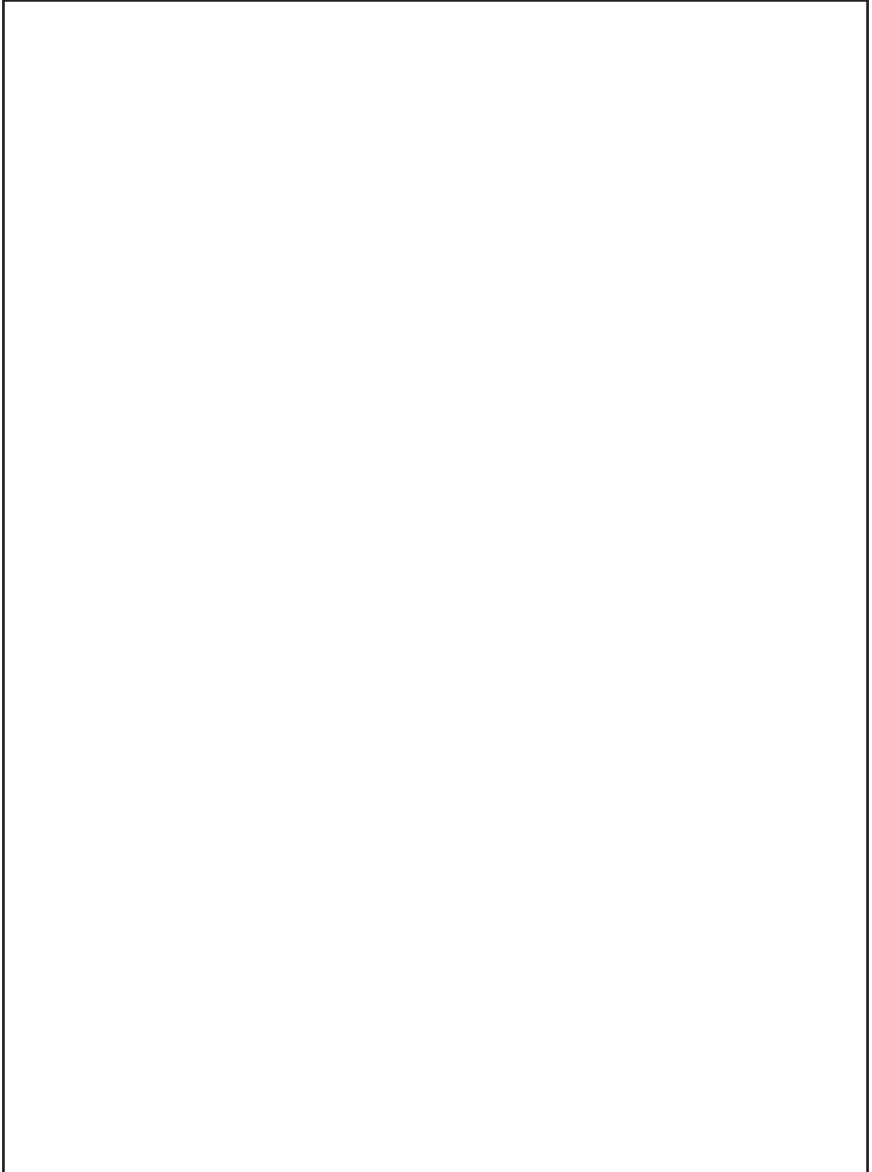
Day 6

The Gratitude Letter

In this activity, remember a time in your life when you were grateful for something that another person did for you and then write a letter to that person. Whether or not you actually send it, imagine how reading the letter will make the recipient feel.

Dear

Day 6 cont.



Day 7

Bad to Good

Choose an experience from your life that was initially unpleasant and unwanted. Try now to focus on the positive aspects or consequence of this difficult experience. As the result of the event, what kinds of things do you now feel thankful or grateful for? Has this event benefited you as a person? How have you grown? How can you be thankful for the beneficial consequences that have resulted from this event?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the 'Bad to Good' prompt.

Day 8

Three Blessings

Spend a few minutes recalling and writing down three good things that have happened today for which you could give other people some credit. It is important to write down why that good thing happened. What enabled the positive event? Why do you think it happened? What does it mean to you? What can you do to make it happen again?

1.

2.

3.

Day 9

To Whom for What?

In this activity you will focus on those things in your life that you might be grateful or thankful for and the source or provider of these good things. Who has provided you with a benefit? Your partner? A neighbour? Coworker? Think back over the day and write things for which you are thankful and who provided this gift or benefit to you.

I am grateful to.....

For

.....

.....

I am grateful to.....

For

.....

.....

I am grateful to.....

For

.....

.....

Day 10

The Gifted Self

In this activity, focus for a moment on gifts you have received in life. These could be simple everyday pleasures, people, personal strengths, moments of natural beauty, or gestures of kindness. Reflect on the value of these gifts. As you list these, slowly repeat the phrase: "I have been gifted". Be aware of your feelings as you do this. Finally, ask yourself the question: "In what ways might I give back to others as a response to the gratitude I feel?"

Day 11

Looking to the Future

Choose an activity, event, experience, or relationship that may be ending soon. This chapter of your life will end soon. Keep in mind that you only have a short amount of time left with this event or person. Try to select an experience in which you have between one and three months remaining. Given how little time you have left, write about why you are grateful for this thing.

Day 12

The Absence of Blessing

Think of an aspect of your life for which you feel grateful then write about the ways in which this might never have happened (e.g., “what would have happened if I had never met this person”)

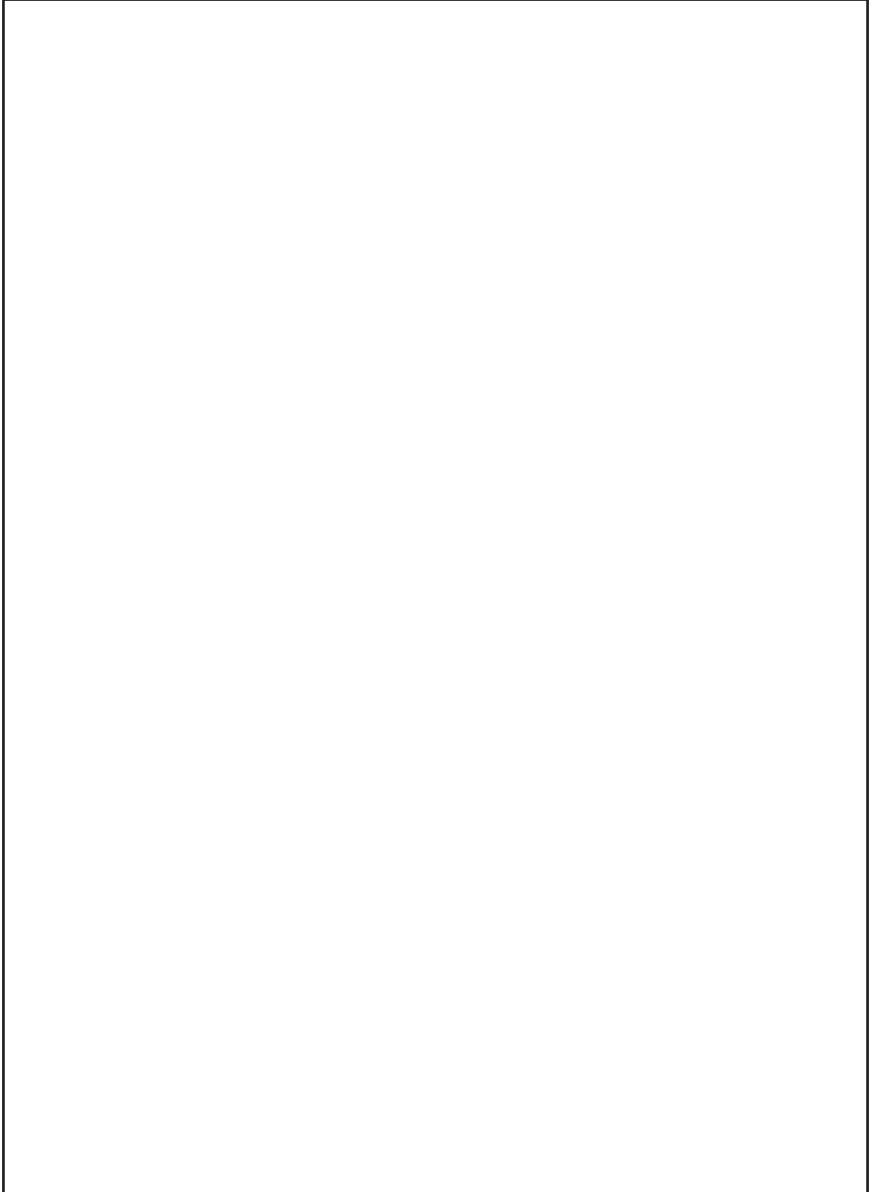
Day 13

The Gratitude Letter

In this activity, remember a time in your life when you were grateful for something that another person did for you and then write a letter to that person. Whether or not you actually send it, imagine how reading the letter will make the recipient feel.

Dear


Day 13 cont.



Day 14

Bad to Good

Choose an experience from your life that was initially unpleasant and unwanted. Try now to focus on the positive aspects or consequence of this difficult experience. As the result of the event, what kinds of things do you now feel thankful or grateful for? Has this event benefited you as a person? How have you grown? How can you be thankful for the beneficial consequences that have resulted from this event?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

Day 15

Three Blessings

Spend a few minutes recalling and writing down three good things that have happened today for which you could give other people some credit. It is important to write down why that good thing happened. What enabled the positive event? Why do you think it happened? What does it mean to you? What can you do to make it happen again?

1.

2.

3.

Day 16

To Whom for What?

In this activity you will focus on those things in your life that you might be grateful or thankful for and the source or provider of these good things. Who has provided you with a benefit? Your partner? A neighbour? Coworker? Think back over the day and write things for which you are thankful and who provided this gift or benefit to you.

I am grateful to.....
For
.....
.....

I am grateful to.....
For
.....
.....

I am grateful to.....
For
.....
.....

Day 17

The Gifted Self

In this activity, focus for a moment on gifts you have received in life. These could be simple everyday pleasures, people, personal strengths, moments of natural beauty, or gestures of kindness. Reflect on the value of these gifts. As you list these, slowly repeat the phrase: “I have been gifted”. Be aware of your feelings as you do this. Finally, ask yourself the question: “In what ways might I give back to others as a response to the gratitude I feel?”

Day 18

Looking to the Future

Choose an activity, event, experience, or relationship that may be ending soon. This chapter of your life will end soon. Keep in mind that you only have a short amount of time left with this event or person. Try to select an experience in which you have between one and three months remaining. Given how little time you have left, write about why you are grateful for this thing.

Day 19

The Absence of Blessing

Think of an aspect of your life for which you feel grateful then write about the ways in which this might never have happened (e.g., “what would have happened if I had never met this person”)

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

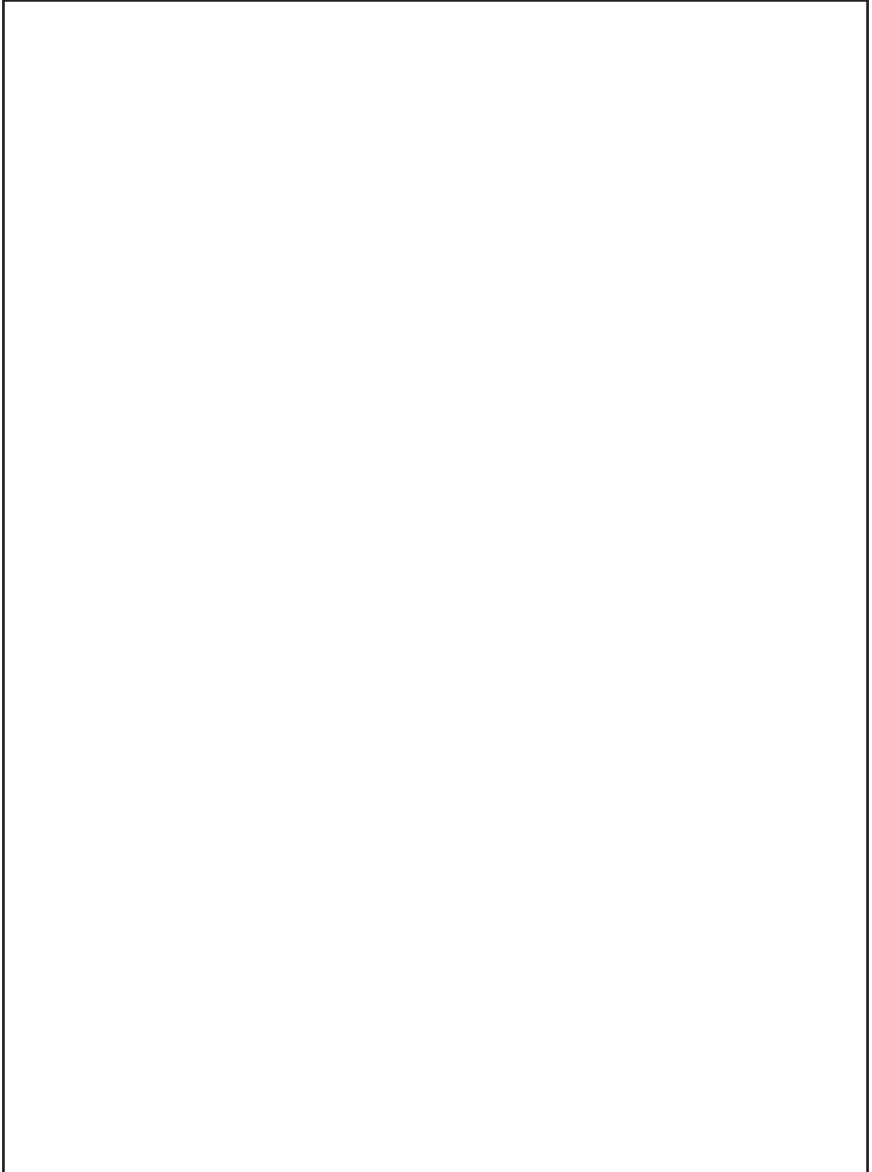
Day 20

The Gratitude Letter

In this activity, remember a time in your life when you were grateful for something that another person did for you and then write a letter to that person. Whether or not you actually send it, imagine how reading the letter will make the recipient feel.

Dear

Day 20 cont.



Day 21

Bad to Good

Choose an experience from your life that was initially unpleasant and unwanted. Try now to focus on the positive aspects or consequence of this difficult experience. As the result of the event, what kinds of things do you now feel thankful or grateful for? Has this event benefited you as a person? How have you grown? How can you be thankful for the beneficial consequences that have resulted from this event?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the 'Bad to Good' prompt.

Gratitude Quotient

1= strongly disagree

5= slightly agree

2=disagree

6= agree

3=slightly disagree

7=strongly agree

4=neutral

1. I have so much to be thankful for.

2. If I had to list everything that I felt grateful for, it would be a very long list.

3. When I look at the world, I don't see much to be grateful for.

4. I am grateful to a wide variety of people.

5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.

6. Long amounts of time can go by before I feel grateful to something or someone.

7. I have been richly blessed in my life.

8. To be honest, it takes an awful lot to make a person like me feel appreciative.

9. I have a wonderful sense of thanksgiving for life itself.

10. I often reflect on how much easier my life is because of the efforts of others.

Gratitude Quotient

1. Add up your scores for items: 1, 2, 4, 5, 7, 9 and 10.
2. Reverse your scores for items 3, 6, and 8 (if you scored a 7, give yourself a 1, if you scored a 6, give yourself a 2, and so on).
3. Add the scores from step one to the reverse scores from 2. This is your total gratitude quotient score. The number should be between 10 and 70.

My Score:

65-70. Extremely high gratitude. People who score in this range have the ability to see life as a gift. For you gratitude is a way of life.

54-64 Very high gratitude. Your life contains frequent expressions of gratitude and you are able to readily acknowledge how others have helped you.

53-58 High gratitude. You are above average in gratitude and find it relatively easy to spend time reflecting on your blessings.

46-52 Average gratitude. You may find it easy being grateful when things are going well in your life but may have difficulties maintaining a grateful outlook in tough times.

40-45 Below average gratitude. You find it challenging to find reasons for gratitude in your life. Life is more a burden than a gift. Perhaps you are going through a difficult season.

HOLY BOAR
LANE
TRINITY

[holytrinityboarlane.org/wellbeing](https://www.holytrinityboarlane.org/wellbeing)