



Journaling for gratitude

Writing

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WHAT MAKES IT MEANINGFUL

Gratitude journaling is a great exercise to self-reflect on the good things in your life. Gratitude journaling helps to remind us of the value of the things we take for granted and can help us remain content. Finally, it helps to limit the negative thought processes that we sometimes feel within our day-to-day life. This writing exercise is suitable for beginners.

TIME

Gratitude Journaling can be a 5 minute to 30-minute exercise. You can spend as long as you like writing.

MATERIALS

- Required: Notebook (\$5.00+ approximately)
- Required: Pen/Pencil (\$2.00+ approximately)
- Optional: Laptop/Tablet (\$250.00+ price is approximate)
- Optional: Speech to text program (Free+ approximate. Usually already on the device i.e. tablet)

INSTRUCTIONS

1. Determine a time and day(s) where you are not going to be rushed or have distractions so you can focus solely on your journaling.
2. Obtain a notebook and pen. Find one that reflects your personality or that you get excited to see when you journal. Optionally, you can type your journal on your laptop or tablet and personalise the title and document. You can also utilise the speech to text option on some devices if typing or writing presents a challenge.
3. Decide on a quiet and comfortable space to complete the journaling. This could be a bedroom, outdoors in a park, library, or coffee shop.



4. Determine how long you would like to write for. It can be as little or as much time as you would like. Be mindful of the time you set to complete journaling and set a timer.
5. Inform others such as family/friends and support network of your time set for journaling so they can respect your space and provide support or encouragement with journaling.
6. Gather and research journaling prompts: You can find inspiration on YouTube, blogs, internet, and ask your friends/family and support network for prompts. You can also come up with your own journal prompts.
7. If your journal is not already divided into sections: you can start by writing the title in the middle of the top of the page or on the left side of the page at the top. You can then leave a single or double-spaced line and write the journal prompt down. Underneath the journal prompt you can begin to write your response to the prompt. For formatting you can look at example templates online via YouTube or internet.

RESOURCES

- [Gratitude Journal: 66 Templates & Ideas for Daily Journaling \(positivepsychology.com\)](https://www.positivepsychology.com/gratitude-journal-66-templates-ideas-for-daily-journaling)
- [Gratitude Journal | Practice | Greater Good in Action \(berkeley.edu\)](https://www.berkeley.edu/gratitude-journal-practice-greater-good-in-action)
- [Gratitude Journaling: How to Start a Gratitude Journal \(rd.com\)](https://rd.com/gratitude-journaling-how-to-start-a-gratitude-journal)
- [How to Start a Gratitude Journal You'll Actually Keep - YouTube](https://www.youtube.com/watch?v=...)

SUPPORTS NEEDED

The individual may require 1:1 support from a family member or care provider. The individual will need to be able to communicate their thoughts onto paper or a word doc or pages doc. The support person can assist in writing the responses and thoughts down, if needed. The support person or family member can also clarify journal prompts and answer questions they have. The individual can also complete this activity on their own without assistance, if desired.

OTHER THINGS TO NOTE

When journaling sometimes we have writer's block. Writer's block is when you get stumped on what to write about especially if you have used and completed a lot of journal prompts. Sometimes you can move on to another activity or clear your mind with a walk and then come back to writing when you feel more inspired. You can also search up how to overcome writers block online and there will be helpful tips and videos or exercises. You can also gain inspiration and find other journal prompts online that might be useful.