

**GRATITUDE**

# Why Gratitude?

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Life can be challenging.

On days when nothing seems to be going your way, it can be particularly difficult to recognize aspects of your life that you appreciate.

It is during these difficult times when practicing gratitude can be the most helpful.

Practicing gratitude isn't just about feeling appreciative when things are going well. It's about acknowledging what you have, instead of focusing on what's missing. It's about the glass half full rather than half empty. You may be struggling with school or a relationship, but chances are there is some area in your life in which things are going well...or, perhaps, not as badly.

When you start looking for something to appreciate, the odds are higher that you'll find it. Doing this can have powerful effects on your mood and the way you see your life.

**Research shows that practicing gratitude deepens relationships, increases happiness, and improves physical and mental health. People who practice gratitude are less focused on competing with others, which allows them to focus on their own contentment.**

While society seems to promise that a prestigious internship or a new gadget will bring happiness, **gratitude is an invitation to be happy with what you already have.** Gratitude helps you savor the good things in life—big and small—so that you don't miss them in pursuit of the elusive next big thing.

# Using This Book

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We've designed this book to help you to reflect on things that make you feel grateful.

Studies have found that grateful writing, which you can practice in this journal, can improve your well-being in meaningful ways.

Use this journal in whatever way feels helpful to you.

While some benefit from practicing gratitude daily, others may prefer to do so a couple of times a week or even weekly. Fill it out when you want and how you want. Don't worry about spelling, sentence structure, or grammar—the important thing is to write about the things in your life for which you're thankful.

**We want to acknowledge that it's not always easy identifying things for which you feel grateful, especially in times of stress. That's okay. Start small and try to identify a few things that are going right in your life, even if you don't feel grateful for them at the moment.**

It may feel like a stretch at first, especially if you're not used to doing this. Don't worry: the more you practice and write in this gratitude journal, the more genuine and natural it will become.

# Day 1

Date :

## 3 THINGS I'M GRATEFUL FOR TODAY

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## REFLECTIONS

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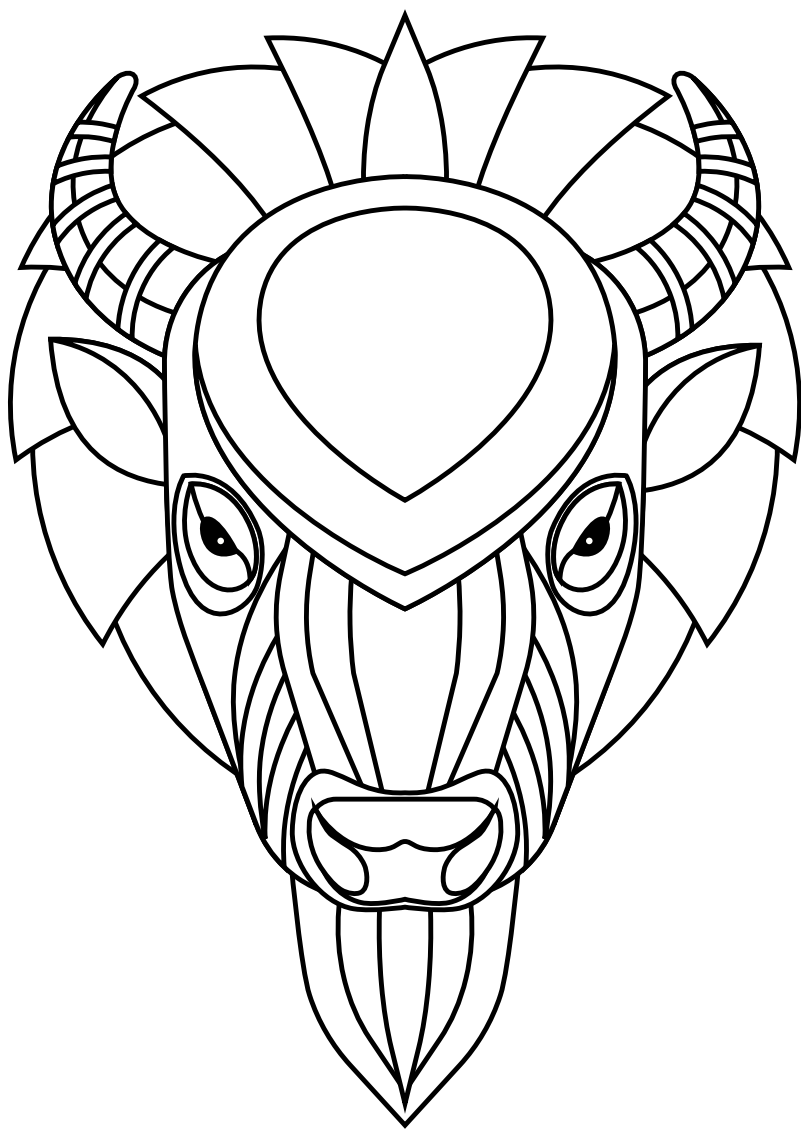
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“

***This is a wonderful  
day. I've never  
seen this one  
before.***

*- Maya Angelou*

”

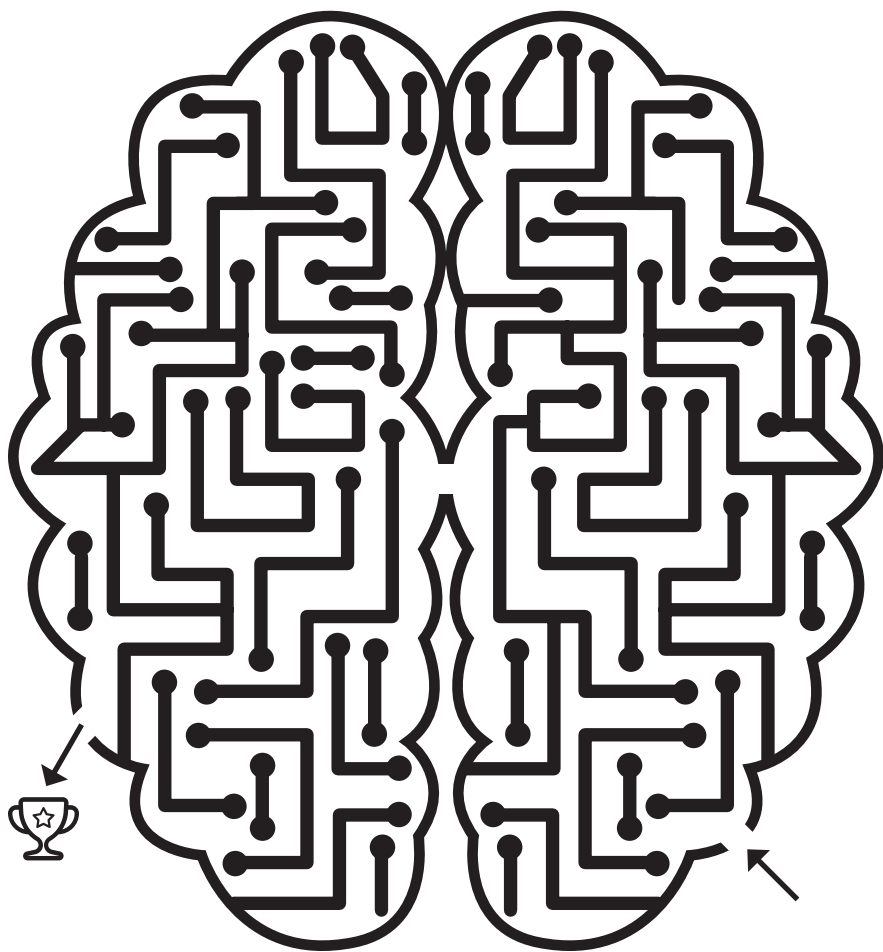


# Day 2

Date :

## FAVORITE MEMORIES I'M GRATEFUL FOR





# Day 3

Date :

## WHAT MADE ME LAUGH TODAY?

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## REFLECTIONS

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“

***Gratitude turns  
what we have into  
enough.***

*- Melody Beattie*

”



# Day 4

Date :

## THINGS I APPRECIATE ABOUT MYSELF

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sarcastic

good listener

silly

hardworking

optimistic

adventurous

loyal

adaptable

passionate

funny

practical

stylish

creative

cautious

spontaneous

# Day 5

Date :

**MY LIFE WOULD BE A LOT LESS SWEET WITHOUT**

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“

***We often take  
for granted all  
the things that  
most deserve our  
gratitude.***

- Cynthia Ozick

”

# Day 6

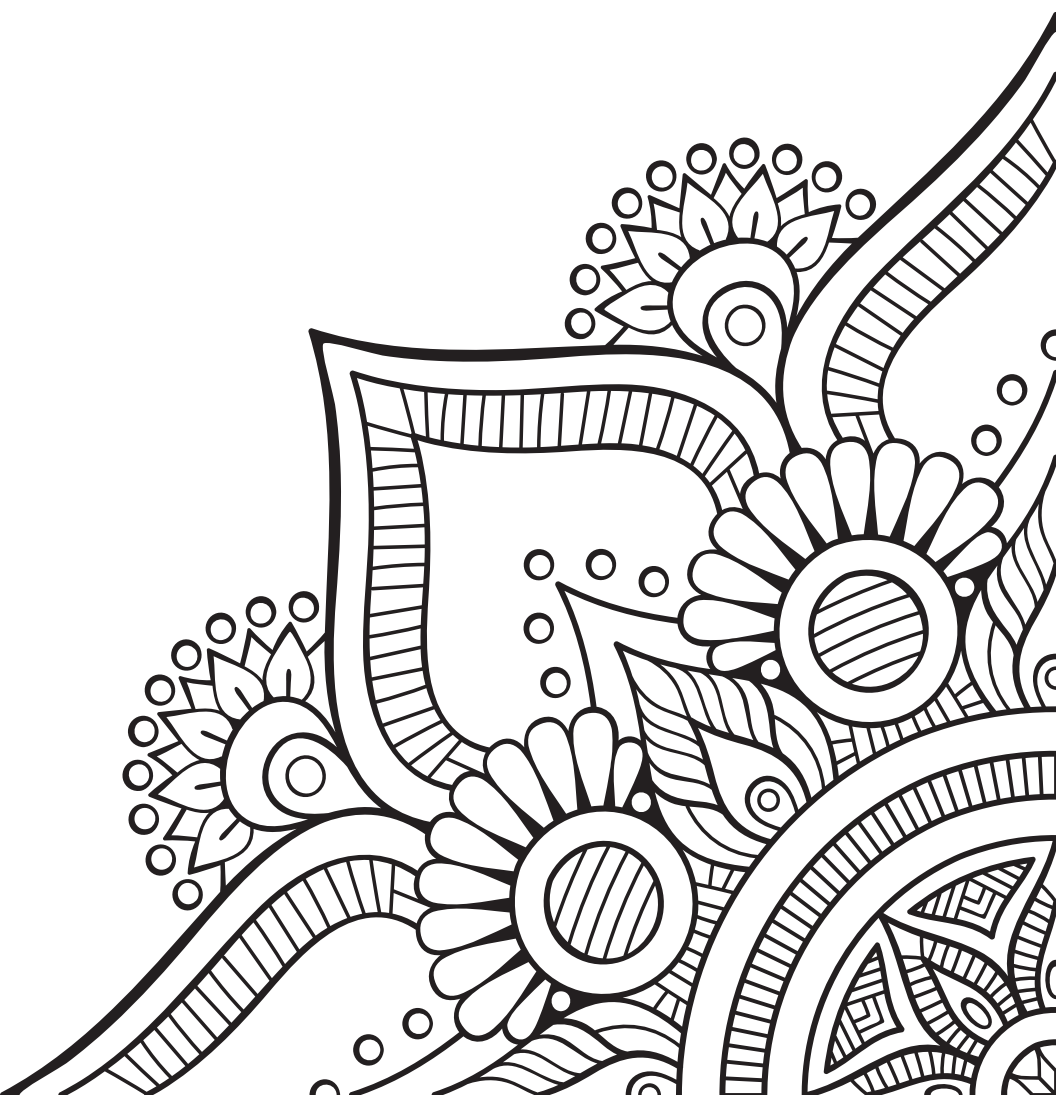
Date :

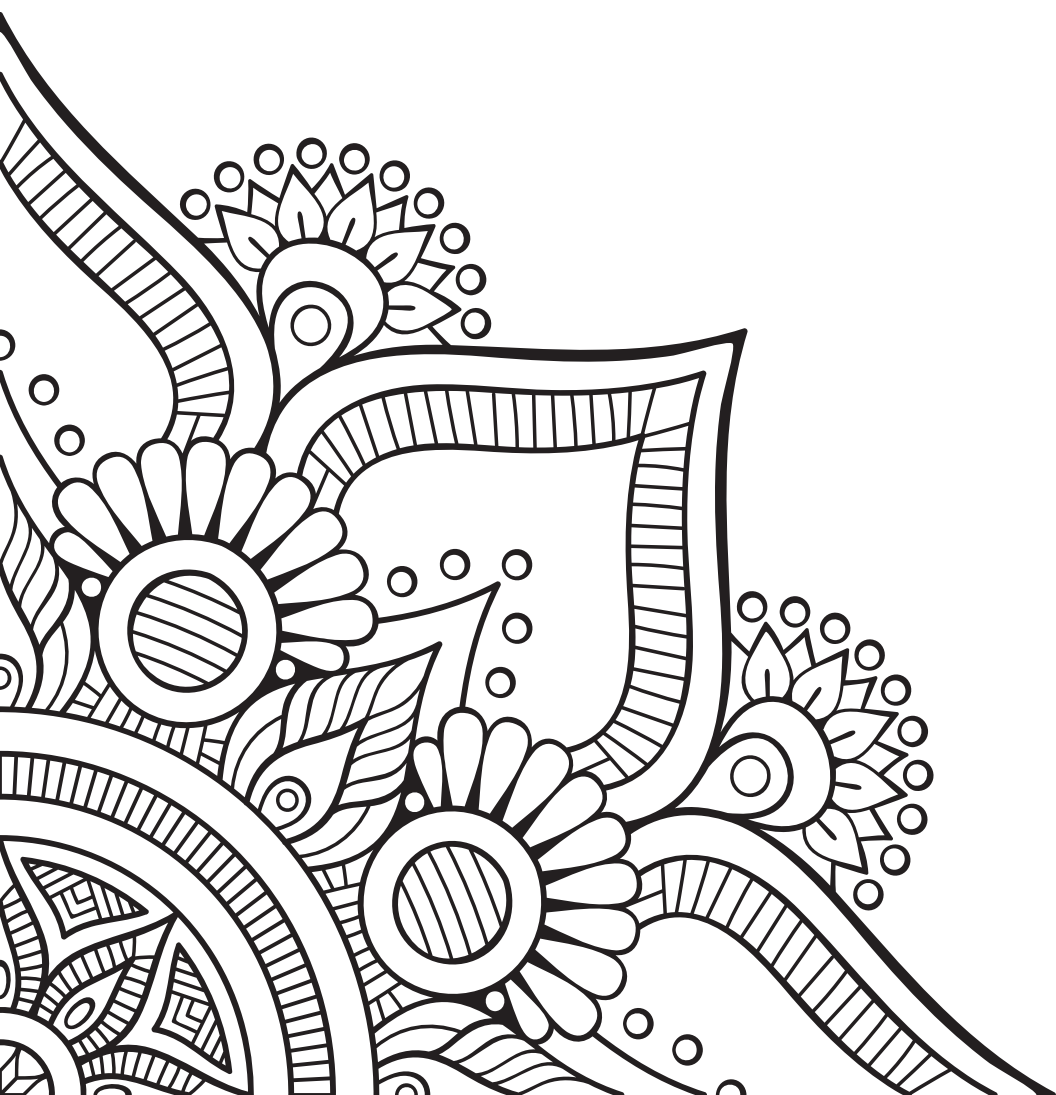
**DRAW 3 THINGS THAT ADDED JOY TO YOUR DAY**

# Day 7

Date :

**REMEMBER TO REST AND TAKE A BREAK**





# Day 8

Date :

**A MEMORY FROM WHEN I WAS YOUNG THAT MAKES ME SMILE**

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“

***Give thanks for a  
little and you will  
find a lot.***

*- Hausa Proverb*

”

# Day 9

Date :

I AM GRATEFUL FOR

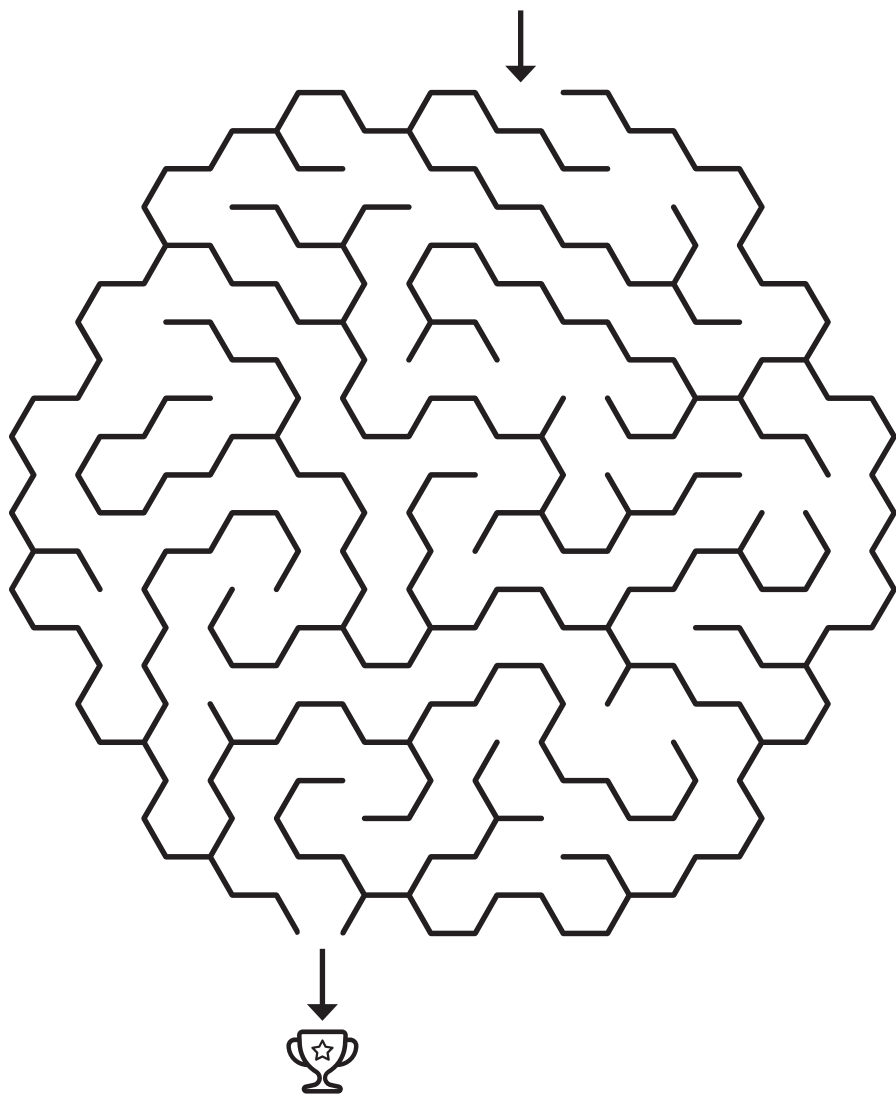


# Day 10

Date :

**WRITE OR DRAW SOMETHING ABOUT YOURSELF FOR WHICH YOU ARE GRATEFUL (E.G. YOUR KINDNESS, YOUR CURIOSITY, ETC)**

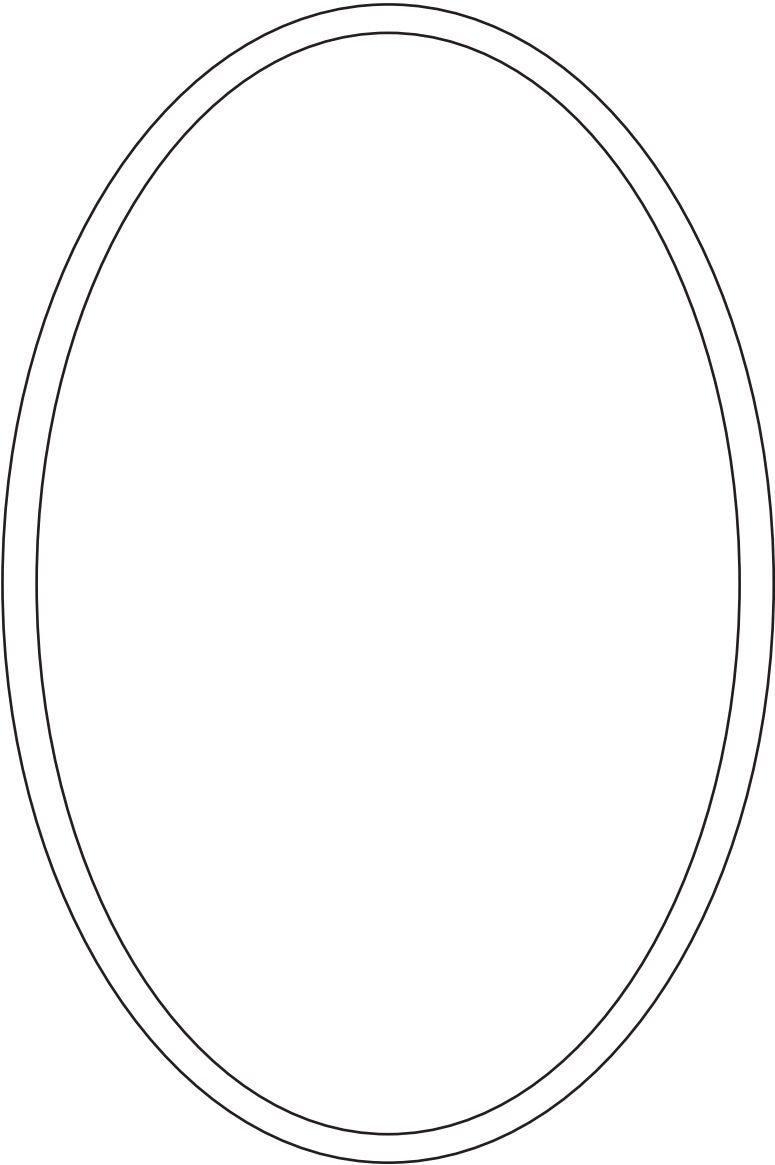




# Day 11

Date :

PEOPLE WHO MADE ME LAUGH OR SMILE THIS WEEK



# Day 12

Date :

## 3 THINGS I'M GRATEFUL FOR TODAY

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“

***Look up at the  
stars and not down  
at your feet.***

- Stephen Hawking

”

# Day 13

Date :

**BEFORE YOU BEGIN YOUR DAY, OR AT THE END OF YOUR DAY, LIST 10 THINGS FOR WHICH YOU ARE GRATEFUL:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# Day 14

Date :

## THINGS PEOPLE LIKE ABOUT ME

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“

***The more grateful  
I am, the more  
beauty I see.***

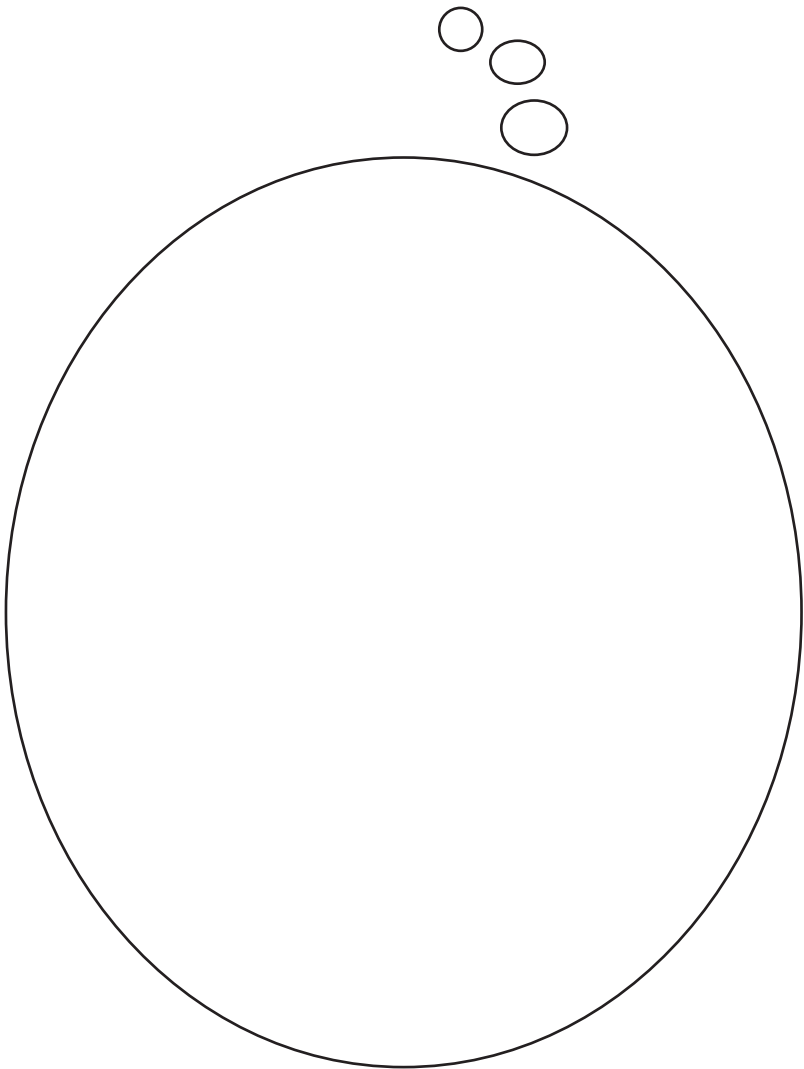
*- Mary Davis*

”

# Day 15

Date :

WHAT IS DIFFERENT TODAY THAN A YEAR AGO?



# Day 16

Date :

## MY STRENGTHS

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## ACHIEVEMENTS

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## DREAMS AND GOALS

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## WHY I DESERVE TO BE HERE

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# Day 17

Date :

**SOMETHING NICE I WANT TO REMEMBER ABOUT TODAY**

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“

***Feeling gratitude  
and not expressing  
it is like wrapping  
a present and not  
giving it.***

*- William Arthur Ward*

”





TODAY IS  
GOING TO BE  
AWESOME

# Day 18

Date :

**WHAT WAS SOMETHING THAT WAS HARD TO DO BUT YOU ARE GRATEFUL YOU DID?**

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“

*It's not happiness  
that brings  
us gratitude.  
It's gratitude  
that brings us  
happiness.*

”

J O X S R T A N Y B E Z B R M  
P Z M I A V P Z H T H B Z I I  
W Q O S F D R U E C M L E H N  
E D U T I T A R G O N E Y Y D  
P S M G F I E J K J K B K J F  
S E L F C O M P A S S I O N U  
Y N B W C S K E J D E U M A L  
B T J R L O S Y Q X R I T T N  
Z V I E E I V R I N A V C U E  
H L E N C A S U A M C I B R S  
E P F R U P T L D O F N R E S  
B R E V W M I H C T L L Z J J  
G X T V Z N M U E B E E J Q Z  
E L M Q G I Q O N X S H L J W  
M I N D S E T J C P Y H S B I

Gratitude

Self-care

Mindfulness

Self-compassion

Mindset

Community

Journaling

Sleep

Breathe

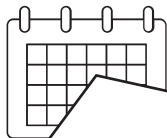
Exercise

Nature

# Day 19

Date :

WHAT IS SOMETHING THAT WENT WELL TODAY?

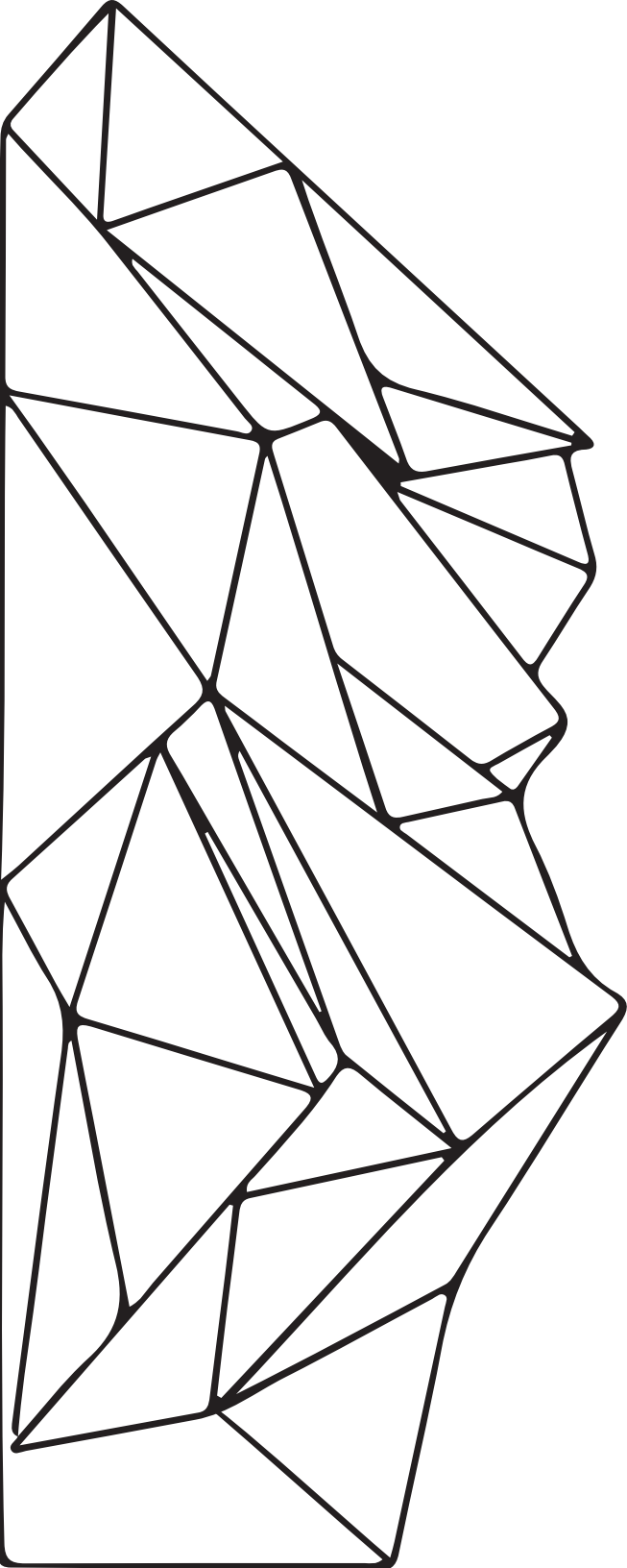


# Day 20

Date :

## FIVE THINGS I LIKED ABOUT MYSELF TODAY

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



# Day 21

Date :

**THINK OF SOMEONE FROM YOUR PAST THAT TAUGHT YOU  
SOMETHING ABOUT YOURSELF, AND WRITE ABOUT IT.**

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# Day 22

Date :

## SOMETHING I LEARNED ABOUT MYSELF TODAY

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*Focus on the good  
in life.*

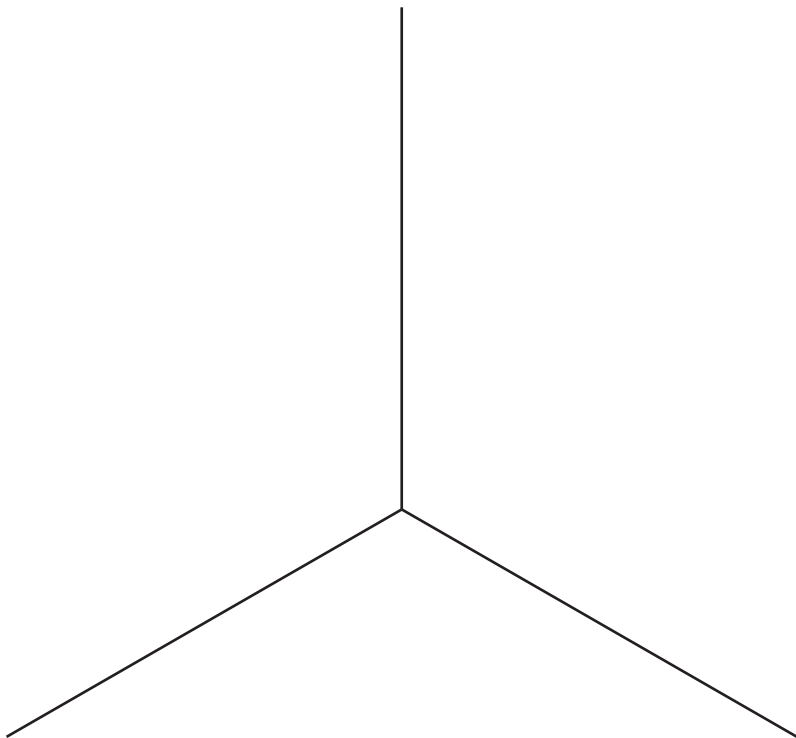
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# Day 23

Date :

**WRITE OR DRAW THREE THINGS YOU RELY ON TO HELP YOU GET THROUGH THE DAY (E.G. HIKING, MUSIC, A FRIEND, ETC)**



# Day 24

Date :

## SKILLS I AM PROUD OF

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“

***Learn to be  
thankful for what  
you already have,  
while pursuing all  
that you want.***

*- Jim Rohn*

”

# Day 25

Date :

## FIVE THINGS I HAVE ACHIEVED IN MY LIFE SO FAR

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Day 26

Date :

## MY FAVORITE MEMORY OF TODAY

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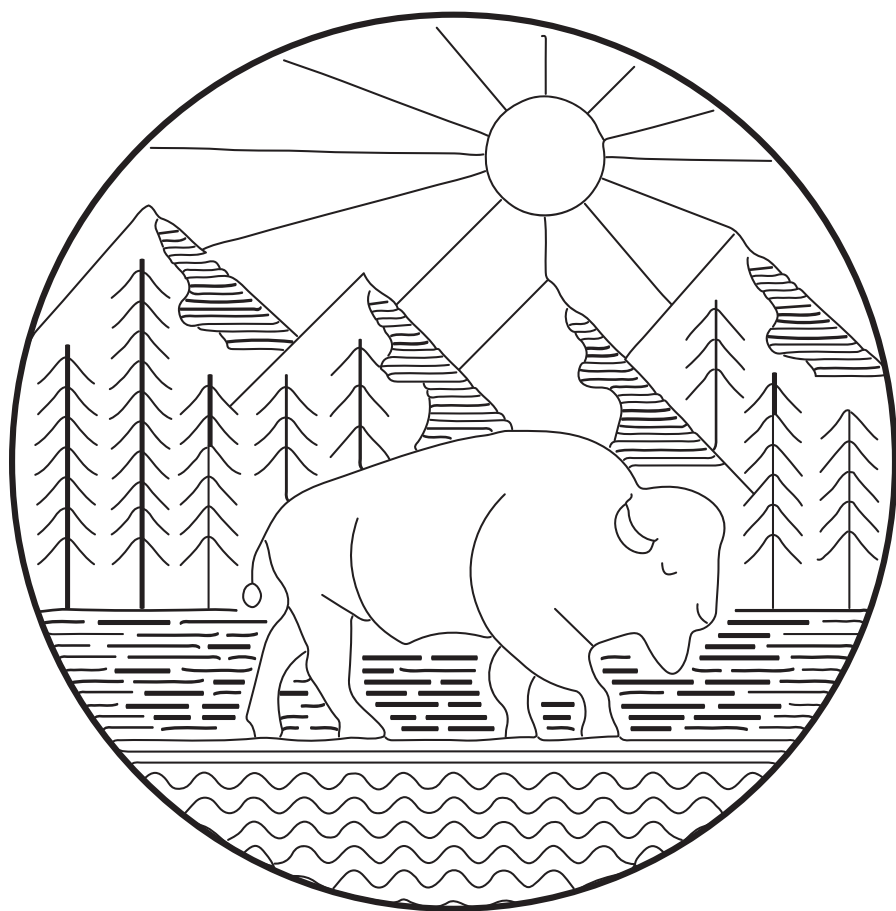
*Expect nothing  
and appreciate  
everything.*

”

# Day 27

Date :

**DRAW OR WRITE ABOUT SOMETHING BEAUTIFUL YOU SAW TODAY**



# Day 28

Date :

**WHAT OR WHO MADE YOUR DAY A BIT MORE ENJOYABLE?**

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“

***The real gift of  
gratitude is that  
the more grateful  
you are, the more  
present you  
become.***

*- Robert Holden*

”

# Day 29

Date :

**CLOSE YOUR EYES, TAKE A BREATH, AND IMAGINE A PLACE YOU'VE VISITED. DRAW OR DESCRIBE THE PLACE:**



# Day 30

Date :

## LIST THREE OBSTACLES AND WHAT YOU ARE LEARNING FROM YOUR CHALLENGES

1.

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2.

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3.

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# Day 31

Date :

**REFLECT ON THE PREVIOUS 30 DAYS OF GRATITUDE**

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“

***Gratitude makes  
sense of our past,  
brings peace  
for today, and  
creates a vision for  
tomorrow.***

*- Melody Beattie*

”

## POSITIVE NOTE TO MY FUTURE SELF

[illegible]

# Wellness Worksheet

**3-5 THINGS I'M LOOKING FORWARD TO THIS MONTH:**

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**3-5 FEARS OR CONCERNS I HAVE FOR MYSELF THIS MONTH:**

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**3-5 AFFIRMATIONS THAT HELP ME TO COUNTER THOSE FEARS:**

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**2-3 THINGS I CAN DO TO GET CONNECTED TO A COMMUNITY:**

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**IF I AM STRUGGLING, I AM WILLING TO TALK TO:**

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**SUCCESS THIS SEMESTER FOR ME WOULD LOOK LIKE:**

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# There are lots of ways to practice self-care.

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The important thing is to make self-care a priority in your schedule.  
Circle the self-care ideas that resonate with you:

Keep practicing gratitude!

Journal

Sleep

Exercise

Do something you love

Meditate

Hang out with friends & family

Allow yourself to feel

Schedule breaks

Go for a walk

Cook something

Practice yoga

Take a stretch break

Listen to music

Have a 3 minute dance party

Practice self-compassion

Take time for yourself

Do something creative

Talk with a counselor

Unplug from technology

Practice deep breathing

Laugh

Take a nap

Spend time in nature

**What are some other things you do to take care of yourself?**

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# Health and Wellness Resources at University of Colorado Boulder

## **Counseling and Psychiatric Services (CAPS)**

(303) 492-2277 (24/7 support)

[colorado.edu/counseling](http://colorado.edu/counseling)

## **CU Collegiate Recovery Center (CUCRC)**

(303) 492-9642

[cucrc@colorado.edu](mailto:cucrc@colorado.edu)

[colorado.edu/recoverycenter](http://colorado.edu/recoverycenter)

## **Health Promotion**

(303) 492-2937

[healthpromotion@colorado.edu](mailto:healthpromotion@colorado.edu)

[colorado.edu/health/promotion](http://colorado.edu/health/promotion)

## **Office of Victim Assistance (OVA)**

(303) 492-8855 (24/7 support)

[assist@colorado.edu](mailto:assist@colorado.edu)

[colorado.edu/ova](http://colorado.edu/ova)

## **Medical Services**

(303) 492-5101 (24/7 nurse line)

[colorado.edu/healthcenter](http://colorado.edu/healthcenter)

## **Recreation Services**

(303) 492-6880

[recreation@colorado.edu](mailto:recreation@colorado.edu)

[colorado.edu/recreation](http://colorado.edu/recreation)



Health and Wellness Services

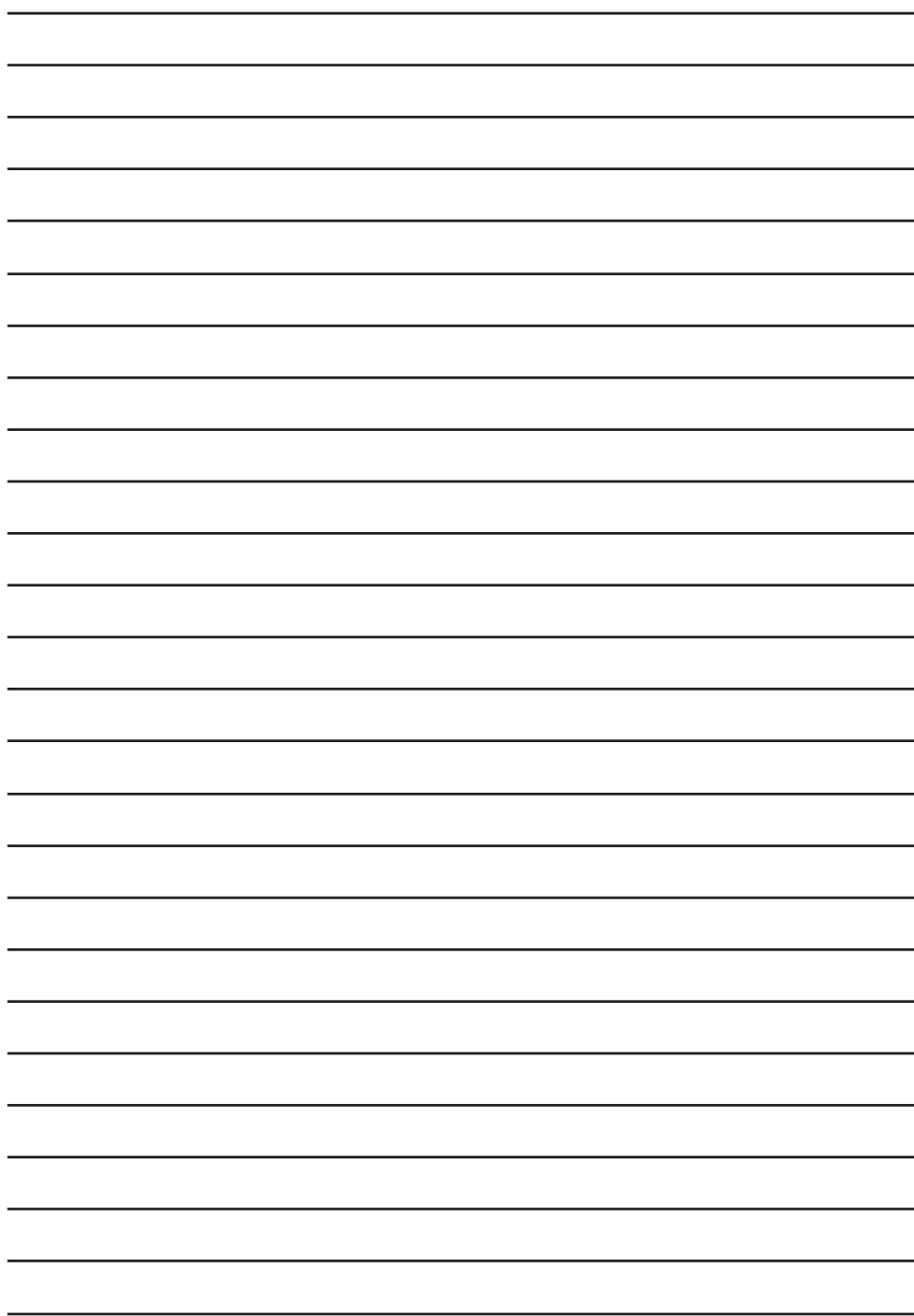
UNIVERSITY OF COLORADO **BOULDER**

# Be Boulder.

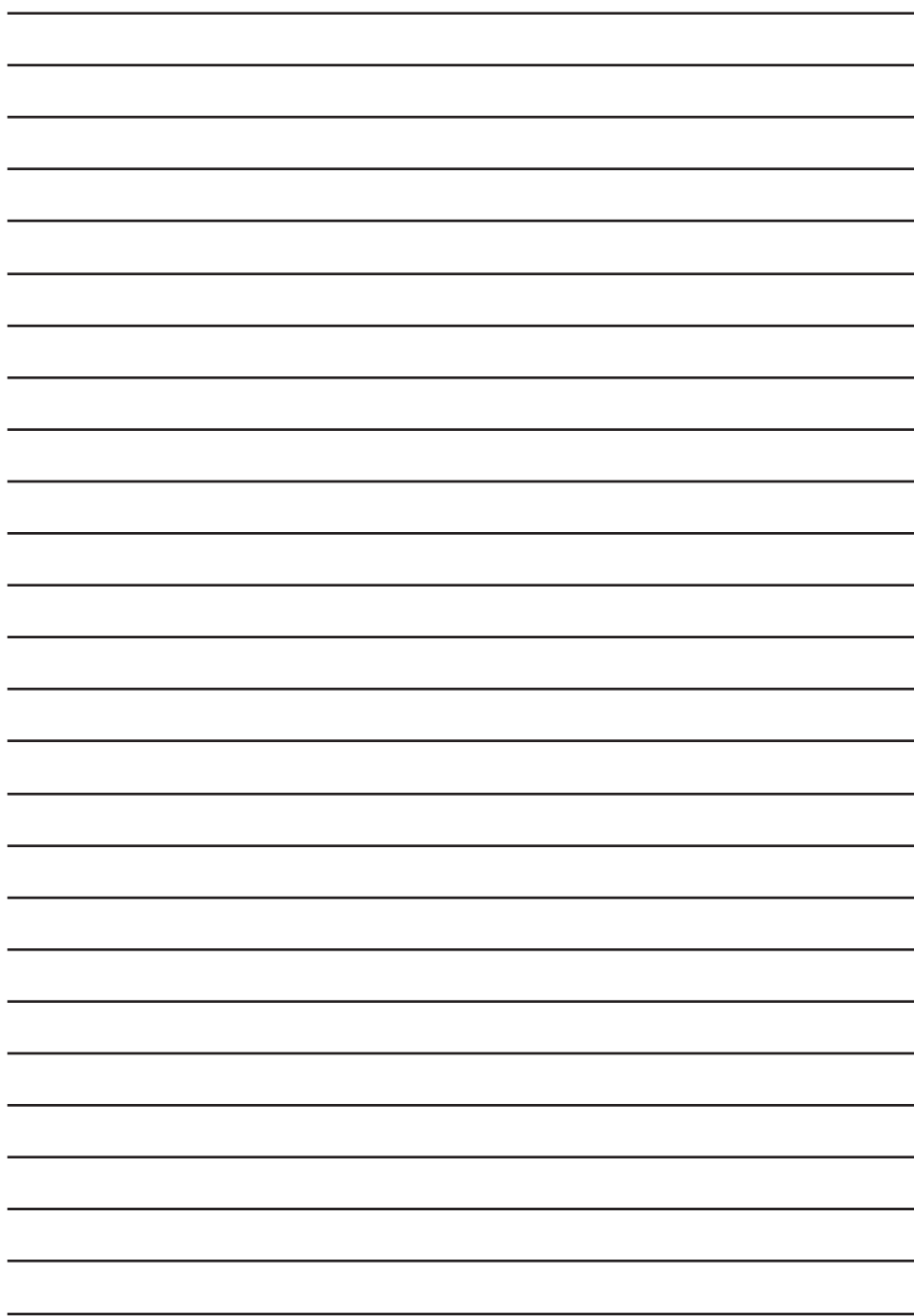


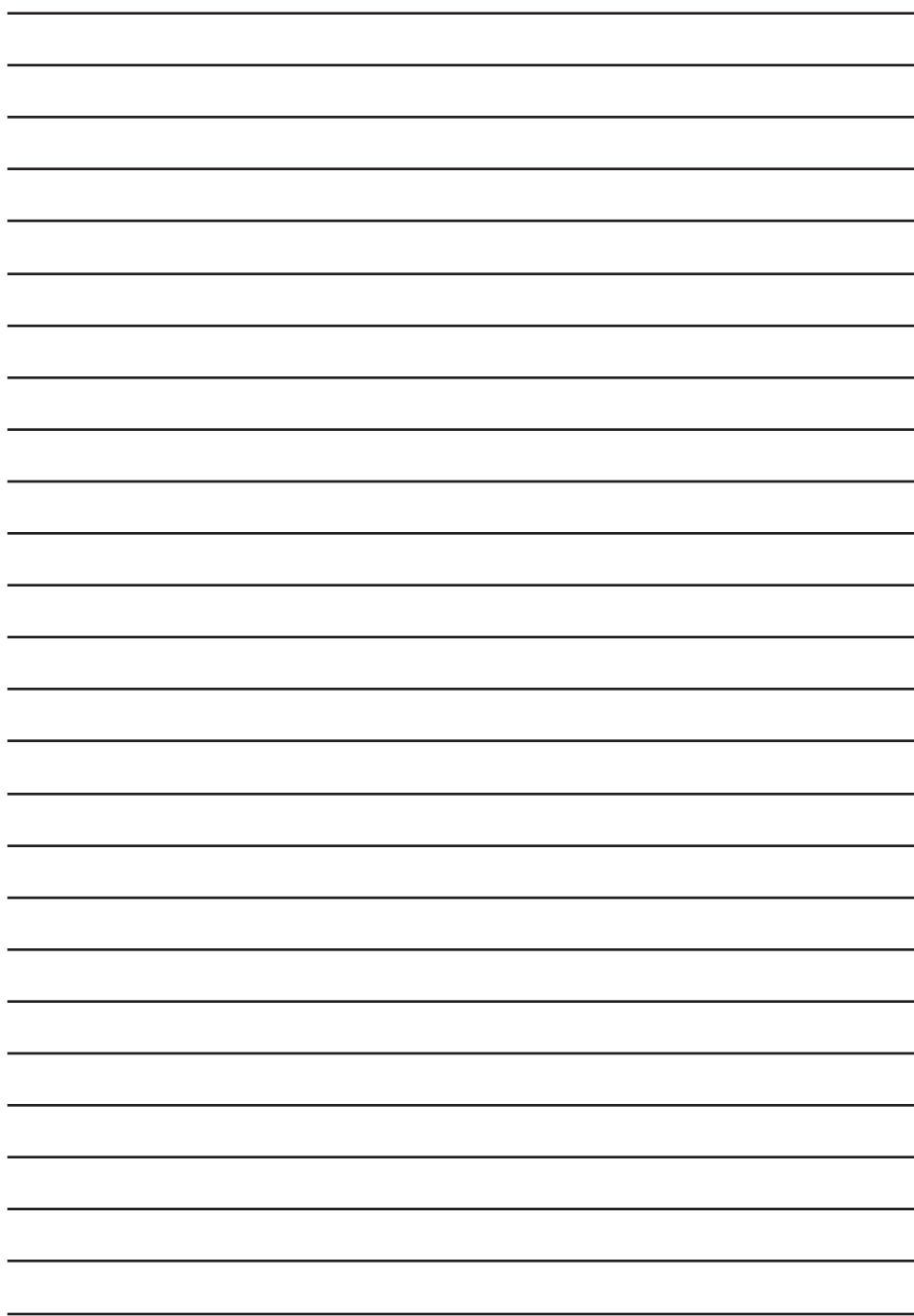
University of Colorado **Boulder**

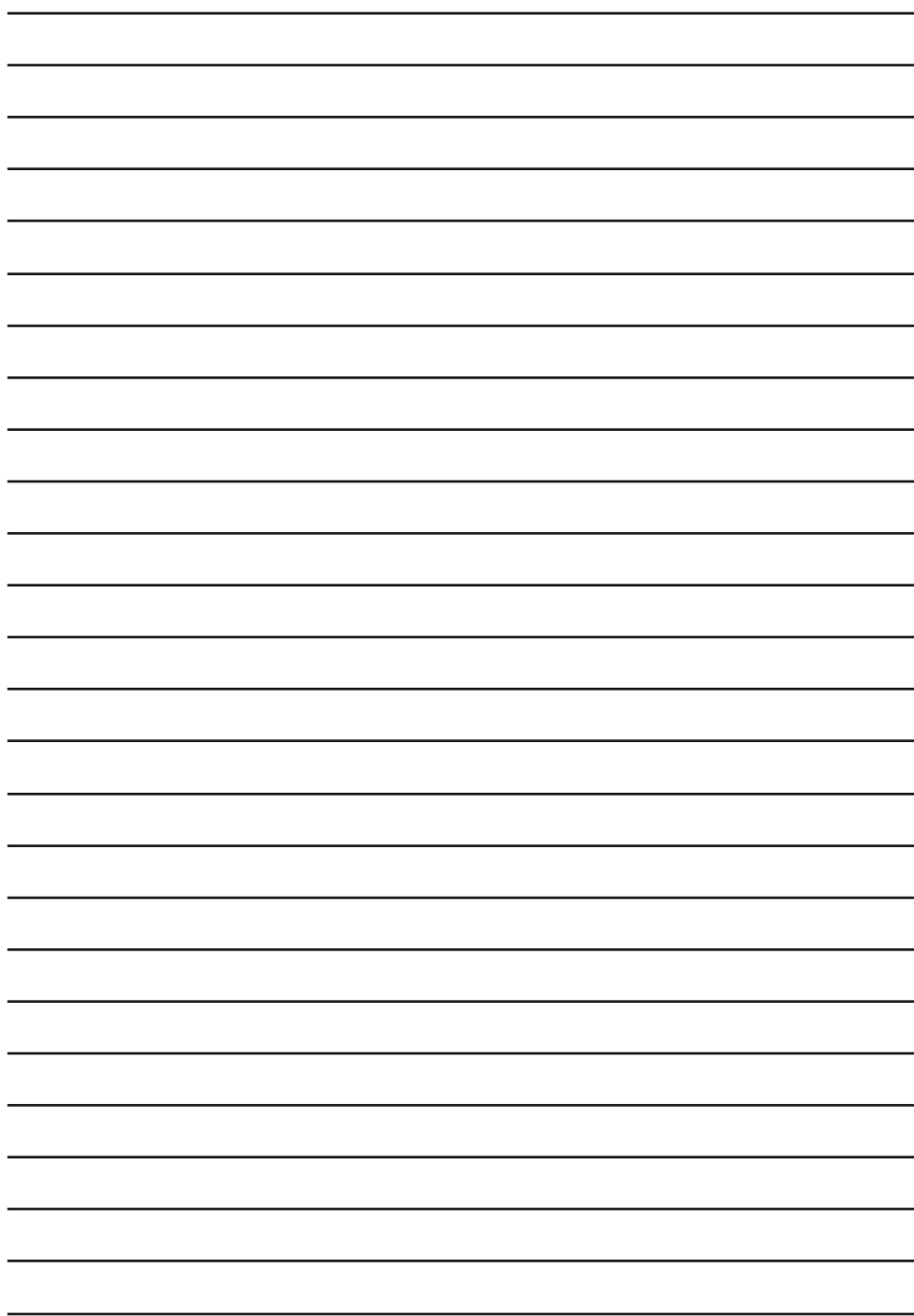














Health and Wellness Services

UNIVERSITY OF COLORADO **BOULDER**

**[colorado.edu/health](https://colorado.edu/health)**

*with gratitude for concept and content created by  
University of Texas at Austin  
Counseling and Mental Health Center*