GRATITUDE
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.
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.
This is a wonderful day. I’ve never seen this one before.

- Maya Angelou
FAVORITE MEMORIES I’M GRATEFUL FOR

[Blank spaces for three memories]
Day 3

Gratitude turns what we have into enough.
- Melody Beattie

WHAT MADE ME LAUGH TODAY?

REFLECTIONS
THINGS I APPRECIATE ABOUT MYSELF

sarcastic

optimistic

adaptable

good listener

silly

adventurous

practical

passionate

stylish

creative

cautious

spontaneous

hardworking

funny

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

- Cynthia Ozick
Day 6

DRAW 3 THINGS THAT ADDED JOY TO YOUR DAY
Day 7

REMEMBER TO REST AND TAKE A BREAK
A MEMORY FROM WHEN I WAS YOUNG THAT MAKES ME SMILE

Give thanks for a little and you will find a lot.
- Hausa Proverb
Day 9

Date:

I AM GRATEFUL FOR

_________________________

_________________________

_________________________

_________________________
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

Look up at the stars and not down at your feet.
- Stephen Hawking
Day 13

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. 

Date:
The more grateful I am, the more beauty I see.

- Mary Davis
WHAT IS DIFFERENT TODAY THAN A YEAR AGO?
Day 16

MY STRENGTHS


ACHIEVEMENTS


DREAMS AND GOALS


WHY I DESERVE TO BE HERE


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

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


It’s not happiness that brings us gratitude. It’s gratitude that brings us happiness.
Gratitude  Journaling
Self-care  Sleep
Mindfulness  Breathe
Self-compassion  Exercise
Mindset  Nature
Community
Day 19

WHAT IS SOMETHING THAT WENT WELL TODAY?

Date: 
FIVE THINGS I LIKED ABOUT MYSELF TODAY

1. 
2. 
3. 
4. 
5. 

Date: 
THINK OF SOMEONE FROM YOUR PAST THAT TAUGHT YOU SOMETHING ABOUT YOURSELF, AND WRITE ABOUT IT.
Focus on the good in life.
WRITE OR DRAW THREE THINGS YOU RELY ON TO HELP YOU GET THROUGH THE DAY (E.G. HIKING, MUSIC, A FRIEND, ETC)
Learn to be thankful for what you already have, while pursuing all that you want.

- Jim Rohn
FIVE THINGS I HAVE ACHIEVED IN MY LIFE SO FAR

1. 
2. 
3. 
4. 
5. 
Day 26

Expect nothing and appreciate everything.
DRAW OR WRITE ABOUT SOMETHING BEAUTIFUL YOU SAW TODAY
Day 28

The real gift of gratitude is that the more grateful you are, the more present you become.
- Robert Holden
CLOSE YOUR EYES, TAKE A BREATH, AND IMAGINE A PLACE YOU’VE VISITED. DRAW OR DESCRIBE THE PLACE:
Day 30

LIST THREE OBSTACLES AND WHAT YOU ARE LEARNING FROM YOUR CHALLENGES

1. 

2. 

3. 

Date:
Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.
- Melody Beattie
Wellness Worksheet

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

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

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

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

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

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

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

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

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

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

SUCCESS THIS SEMESTER FOR ME WOULD LOOK LIKE:

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

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

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?
Health and Wellness Resources at University of Colorado Boulder

Counseling and Psychiatric Services (CAPS)
(303) 492-2277 (24/7 support)
colorado.edu/counseling

CU Collegiate Recovery Center (CUCRC)
(303) 492-9642
cucrc@colorado.edu
colorado.edu/recoverycenter

Health Promotion
(303) 492-2937
healthpromotion@colorado.edu
colorado.edu/health/promotion

Office of Victim Assistance (OVA)
(303) 492-8855 (24/7 support)
assist@colorado.edu
colorado.edu/ova

Medical Services
(303) 492-5101 (24/7 nurse line)
colorado.edu/healthcenter

Recreation Services
(303) 492-6880
recreation@colorado.edu
colorado.edu/recreation
Be Boulder.

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