

# PAINGUIDE

## Weekly Gratitude Journal

Once a week for the next six weeks, write down three to five things for which you are grateful. These can be anything – your family, your pet, feeling the sunshine on your face, happy that a friend phoned, receiving a present, taking a stroll, the smell of lilacs, lovely fall leaves, gooey chocolate chip cookies, anything.

Work out a day and time to do this, perhaps put it on your calendar. The things you are grateful for do not have to be new and can be quite small. Keep your eyes open for life's little treasures so you can write them down weekly over the next 6 weeks. To help you remember, make a note of them when they occur to you or take a picture to help you recall these for your journal.



Week 1: Things for which I am grateful: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Week 2: Things for which I am grateful: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Week 3: Things for which I am grateful: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Week 4: Things for which I am grateful: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Week 5: Things for which I am grateful: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Week 6: Things for which I am grateful: \_\_\_\_\_  
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