The Gratitude Journal

PREVIEW

Which book did you read at exactly the right moment in your life, and what was going on at the time?

PREVIEW

I can be grateful for what works and honest about what hurts, both at once.

PREVIEW

Think back to a time you recovered from an illness or injury. What was the first ordinary thing you were able to do again?

PREVIEW

I can be grateful for the people who built what I use, though I will never meet them.

PREVIEW

Sketch in words a friend's kitchen, living room or porch where you have spent many hours. What makes you feel at home there?

PREVIEW

Write about a teacher, librarian or shopkeeper who pointed you toward something you still love.

PREVIEW

Picture your own hands resting in your lap. What have they held this week that mattered to you?

PREVIEW

Somewhere in your past is a person who helped you and never knew how much it mattered. Who are they, and what happened?

PREVIEW

Sometimes a friendship is mostly easy company. Describe a time you and a friend were together without needing to talk.

PREVIEW

When has a stranger given you the benefit of the doubt? Describe where you were and what they did.

PREVIEW

Even on a heavy day, the birds outside keep going, and so can I.

PREVIEW

Write the names of people who fed you this year, at home or away, and the dish you remember from each.

PREVIEW

If you walked the same route tomorrow, what one detail from today would you look for again?

PREVIEW

What did the light do in your home today? Note the room, the hour and exactly where it fell.

PREVIEW

Where have you seen strangers helping each other lately? Describe the scene as if painting it: who, what, and how the light fell.

PREVIEW

I notice more than I think I do, and I can write it down.

PREVIEW

What was the best moment of the last gathering you attended, the one nobody photographed?

PREVIEW

Think of a tradition someone kept going for your family. Who did the quiet work of it, and what did that work involve?

PREVIEW

Write about an opinion you said out loud this week. Who heard it, and how did the conversation go?

PREVIEW

Explore a time when a stranger trusted you to watch their bag, hold their place or give directions. How did being trusted feel?

PREVIEW

When did a new place first start to feel familiar? Write about the small moment you noticed it.

PREVIEW

Which insect or tiny creature crossed your path, and what was it busy with?

PREVIEW

Recall something you found, fixed or remembered just in time today. How did it unfold?

PREVIEW

Look around wherever you are now. What would you reach for first if it went missing, and why?

PREVIEW

What was the first sound you noticed when you woke today, and what did it tell you about the day ahead?

PREVIEW

List five things within arm's reach of where you are now that you chose yourself, and say where each one came from.

PREVIEW

Help has shown up for me before, often from people I did not expect.

PREVIEW

I can find one useful thing in a hard day without pretending the day was easy.

PREVIEW

What texture in nature do you love to touch, such as bark, sand, moss or water? Describe the last time you touched it.

PREVIEW

Think about the phone or screen you use every day and name one specific, human thing it let you do this week.

PREVIEW

I do not need to understand a piece of art to be glad it exists.

PREVIEW

Which part of a hard week went more smoothly than you planned for? Write about that hour in detail.

PREVIEW

Name someone who taught you a practical skill, like tying a knot or balancing a budget. How did they show you, step by step?

PREVIEW

What is the first sound you noticed this morning before anyone else was awake, and where were you when you heard it?

PREVIEW

I carry forward the care of the people who kept our traditions going.

PREVIEW

There is still something that can make me laugh, even when things are hard.

PREVIEW

Tell the story of a promise you made to yourself when young and kept. What reminded you of it along the way?

PREVIEW

Look at your own hands for a moment. Write about one mark, callus or habit they have picked up from work or practice.

PREVIEW

What is one thing you made yourself, a drawing, a song, a poem or a photograph, that you are quietly glad exists?

PREVIEW

Today I notice small comforts: warm water, soft fabric, a full stomach.

PREVIEW

I am allowed to be relieved without waiting for the next thing to worry about.

PREVIEW

When has your body turned out stronger than you feared, after an illness, injury or long day? What could it still do?

PREVIEW

Cooking for myself is a small, real way of looking after myself.

PREVIEW

Describe the exact spot where you drink your first cup of the day, including what you can see from there.

PREVIEW

This year held more kindness than I gave it credit for at the time.

PREVIEW

Recall a time a child helped you without being asked. What did they do, and what did it show you about them?

PREVIEW

Name a shade of green you saw today, give it a name of your own, and say what it belonged to.

PREVIEW

Who taught you something that later gave you more options in life? Write about one afternoon spent with them.

PREVIEW

Think back to a hard week. Which animal was around, and what exactly did it do, or simply not do?

PREVIEW

Describe a piece of local art, such as a mural, statue or carving, and what it adds to your walk.

PREVIEW

Think about the plants near where you live. Which one changes most with the seasons, and what is it doing today?

PREVIEW

Recall a piece of feedback that stung at first but turned out to be useful. Who gave it, and what changed because of it?

PREVIEW

Who served you food or drink recently, and what did you notice about the way they did it?

PREVIEW

I am allowed to feel glad about ordinary things.

PREVIEW

Describe the first sip of something you drank today: the cup, the temperature, where you were standing.

PREVIEW

Somewhere in your past is a friend who helped you move house, study or recover. Who was it, and what did they actually do?

PREVIEW

Tell the story of how a particular place came to feel like yours. When did it stop feeling new?

PREVIEW

Who stepped in to help you this week before you had a chance to ask? Write down their name and exactly what they did.

PREVIEW

Write about a joke that only you and one other person understand. Where did it start?

PREVIEW

What habit did you pick up from watching someone you admire? Describe a specific time you saw them doing it.

PREVIEW

What was the most comfortable moment your body had today, and where were you when it happened?

PREVIEW

When did you last say no to something and have that no respected? Describe the setting and how you felt once it was done.

PREVIEW

I can begin again at any hour of the day, not just in the morning.

PREVIEW

Sketch in words a kind stranger from your past whose face you can still see. What do you most want to remember about them?

PREVIEW

Which word or phrase from your job did you once have to look up, and what does it mean to you now?

PREVIEW

I do not have to feel cheerful to enjoy an animal's company.

PREVIEW

Which lyric has stuck in your head this week, and what might it be trying to tell you about your mood?

PREVIEW

Write the story of a trip with a friend that went wrong in a way you now enjoy telling.

PREVIEW

Which small sound tells you that you finally have the place to yourself, like a door closing or a car pulling away? Write about the last time you heard it.

PREVIEW

When did you last turn off your phone or leave it in another room? Describe what you did with the space that opened up.

PREVIEW

Even tired, my body keeps showing up for me.

PREVIEW

“From the highest degree of passionate love to the lowest degree of good-will, they make the sweetness of life.”

— Ralph Waldo Emerson

PREVIEW

Which medicine, treatment or routine has made a real difference to you? Describe life before and after it.

PREVIEW

Name one animal, bird or plant you noticed this morning, and describe exactly what it was doing.

PREVIEW

Picture yourself at ten on an ordinary afternoon. What were your hands busy with, and what does that tell you now?

PREVIEW

“My book should smell of pines and resound with the hum of insects.”

— Ralph Waldo Emerson

PREVIEW

I can be grateful for this place while still wanting it to be better.

PREVIEW

What small, dull object makes one daily task noticeably easier? Describe the task with it and without it.

PREVIEW

I am allowed to rest in the space I have, just as it is today.

PREVIEW

Who else was outdoors along the same stretch, whether a dog, a child or a bird, and what were they paying attention to?

PREVIEW

Which kitchen tool do you reach for most often, and how did it come to be yours?

PREVIEW

Which season of this year felt most like home to you, and what single detail sums it up?

PREVIEW

Recall the feeling of swimming, floating or being held up by water. Where were you, and how old were you?

PREVIEW

What did the voice of the last helpful person on a phone line sound like? Write about how they steered the call.

PREVIEW

Which part of this evening went better than you expected, and why do you think it did?

PREVIEW

Think back to the hardest week of your year. Name one person or thing that helped you get through it.

PREVIEW

Write about the light in the room right now: where it comes from, what it touches and what it leaves in shadow.

PREVIEW

Who in your life keeps a tradition alive simply by turning up every time? Write about them.

PREVIEW

My care for an animal matters, even when nobody sees it.

PREVIEW

Picture the long chain of people behind one item in your cupboard. Choose one of them and write a few lines about their working day.

PREVIEW

Who taught you something you did not know you needed to learn? Describe the moment and the words they used.

PREVIEW

“We loiter in winter while it is already spring.”

— Henry David Thoreau, Walden

PREVIEW

Somebody once forgave you for something. Describe what you had done and how they let you know it was over.

PREVIEW

Describe a morning you spent somewhere unfamiliar. What detail from it has stayed with you?

PREVIEW

I let the people I love know what they mean to me in plain, simple words.

PREVIEW

Think of a skill you taught yourself as a teenager. Describe the hours it took and where you worked at it.

PREVIEW

Which song from a wedding, funeral or birthday do you now connect with that day? Describe what was happening when it played.

PREVIEW

Name one plant, pet or object you nearly gave up on that recovered. What did it look like on the day you noticed it coming back?

PREVIEW

Some of what I learned this year came from mistakes, and I can be grateful for that too.

PREVIEW

I say thank you out loud, even when it feels awkward.

PREVIEW

Small comforts matter to me: a warm cup, a soft chair, a kind voice.

PREVIEW

What song do you sing along to when no one is listening, and which part do you get wrong on purpose?

PREVIEW

I am allowed to rest in silence without earning it first.

PREVIEW

Describe the most satisfying physical job you have done lately, such as kneading, digging, scrubbing or carrying.

PREVIEW

Describe the warmest drink you have held on a cold day and the person or place that made it.

PREVIEW

Describe the most ordinary meal you ate this week in enough detail that a stranger could picture it.

PREVIEW

Recall a moment today when you were warm, dry and fed all at once. Where were you, and who was nearby?

PREVIEW

Describe someone who showed up at a hard moment, such as a funeral, a move or a hospital waiting room. What do you remember about their arrival?

PREVIEW

Write down three things you did today that nobody saw. Which one are you glad you did anyway, and why?

PREVIEW

Name a person who once looked after your body when you could not. What exactly did they do?

PREVIEW

Write down a question you were free to ask this week, who you asked, and the answer you got.

PREVIEW

Think of a local shopkeeper who remembers something about you. What do they remember, and what happens in you when they mention it?

PREVIEW

Describe the weather at one moment today and how it shaped your plans or mood.

PREVIEW

I treat brief kindnesses as real, because they are.

PREVIEW

Think about someone at work who shares what they know freely. When did their help save you time or trouble? Give the details.

PREVIEW

I am part of a long chain of work, and my own effort reaches people I will never meet.

PREVIEW

Recall a painting or photograph you stood in front of longer than you meant to. What held you there?

PREVIEW

I notice the small comforts around me, and I let them count.

PREVIEW

Look around the room you are in right now and choose the object with the best story. Tell it.

PREVIEW