

# GRATITUDE JOURNAL TEMPLATE



MK Consulting & Training, LLC

## 1. 3 Things for which you are grateful

*I find that it is necessary for me to begin each day with 3 things for which I am grateful. Yes, the first few weeks began with a lot of faith, family & friends, but eventually that changed into other things. For example, the sound of my coffeemaker beeping when I haven't even gotten out of bed yet, or the laughter that I hear from my daughter when she is "zooming" with her friends in her bedroom. There are so many big and little things that make my life happy and fulfilled that it is great to take a few moments to recognize how many things make me content.*

## 2. Worries & Frustrations

*I spend the next paragraph or two writing about what I am worrying about and this includes personal and professional situations. This time allows me to detail those worries and, in doing so, may help me figure out how to handle some of those worries. But, in all honesty, sometimes it just lets me get it out. There is nothing I can do about some of those worries because they are out of my control. Writing it out lets me acknowledge that. And then I draw a series of clouds because I try to let those worries float away, especially if they are out of my control.*

## 3. Goals for the Day

*Here is where the change happens for me. Instead of dwelling on the worries, setting two to three goals for the day moves me forward. I try to set three for each day with the hopes of accomplishing at least two of them. One is focused on a personal goal, one is a professional goal and one involves my family/relationships. I try to make them measurable and able to be achieved in one day. For example, today's goal may be*

- *Attach one resource to my web page (professional)*
- *Exercise – half hour of cardio & some yoga (personal)*
- *Make cookies (family)*

*The next day make sure to go back and see which of your goals that you accomplished.*

## 4. Final Thought/Intention/Focus

*The last few sentences of my journal always involve me setting my intention for the day. As I am a spiritual person, sometimes it may be a prayer to help me move forward, and sometimes it may be a quote that is resonating with me. Pinterest is a great place to find some quotes or statements that help set my focus in the direction that I want, rather than the direction it may wander off to! I don't search for those quotes at this time but have created a board where I save some of them so that I can pick one each morning.*