



Gratitude Journal



Cbt Psychology
For Personal Development

Introduction

What is a Gratitude Journal?

A gratitude journal is a tool to keep your attention on the things that you are grateful for and develop a mindset of gratitude. It makes you value positive things or moments you might not have thought about. When you think about something positive, vibrant emotions flow through you.

Gratitude Journal Benefits

- Improves emotional well-being
- Increases joy and produces greater happiness
- Increases self-esteem
- Improves productivity
- Increases sleep quality and quantity
- Improves physical health
- Supports social well-being and strengthens relationships
- Decreases fatigue and burnout
- Encourages the development of patience and humility
- Promotes spiritual and personal growth



“Gratitude is a powerful catalyst for happiness. It’s the spark that lights fire of joy in your soul.” –

Amy Collette

The science behind Gratitude Journaling

When we practice gratitude, we must pause and capture it; for instance, write it down, take a photo of it, share it with someone. At that moment, the brain releases serotonin and dopamine, two chemicals we've probably all heard about. They are the neurotransmitters responsible for happiness. There is another thing that happens when we get flushed with a feeling of gratitude; our stress hormones get regulated, which reduces anxiety and depression. (1)

A study on gratitude "Feeling Thanks and Saying Thanks", found that both reflective-only (finding things to be grateful for) and reflective-behavioral (finding things to be grateful for and expressing your gratitude) journaling have a significant, positive impact on wellbeing, affect, and depression. (2)

(1) Source: Kerb, A. (2015)

(2) Source: O'Connell, B. H., Gallagher, S., & O'Shea, D. (2017)



"At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." -

Albert Schweitzer

There is growing evidence that gratitude journaling can improve physical, mental, and social health, for individuals and communities. The key to long-term success is to be consistent and write regularly.

How to use this Journal

Start by writing down three things you're grateful for in your life, three people you're grateful for, and three things how they've supported you that you're grateful for.

Take the time to experience how that feels and whether it affects your health and well-being.

“Gratitude is the most exquisite form of courtesy.”

Jacques Maritain

Helpful tips to Keep your Gratitude Journal

A few tips for practicing gratitude powerfully - so all those good feelings stick at a core level, and you end up being happier!

Connect with something specific.

The more detailed you can get while writing what you are grateful for the easier it is to connect with the emotion.

It matters less what you write, and it matters more what you experience and feel.

See good things as "gifts."

Thinking of the good things in your life as gifts guards against taking them for granted. Try to relish and savor the gifts you've received.

Write regularly.

Whether you write daily or every other day, commit to a regular time to journal, then honor that commitment.



The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time." -

Douglas Wood

Daily Gratitude

Date:

S M T W T F S

Today I'm grateful for

- _____
- _____
- _____

Something I'm proud of

- _____
- _____
- _____

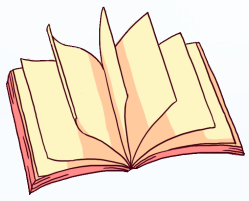


Notes

A large white rectangular box for writing notes, with a small orange pencil icon in the top-left corner.

An act of kindness

- _____
- _____



Monthly Reflection

My favourite moments of the month

A large rectangular box with a thin black border, containing five horizontal dotted lines for writing.

Challenges

A large yellow rectangular area with a wavy, torn-edge border. On the left side, there are four small, empty square boxes stacked vertically, each with a thin black border.

Ways that I have been Kind to Myself

A large rectangular box with a thin black border. In the top-left corner, there is a small pink heart icon on a white square background.

My monthly accomplishments

Four horizontal rectangular boxes stacked vertically, each with a thin black border, intended for writing accomplishments.



Self-Care Intention



Physical

Emotional

Spiritual

Intellectual

Social

Self-care Notes

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend." —

Melody Beattie



At CBT Psychology for Personal Development, our mission is to provide compassionate, practical, goal-oriented, client-focused, and strength-based therapy.



About Dr. Silvina Galperin

Dr. Galperin is the founder and director of CBT Psychology for Personal Development. Dr. Galperin supervises Masters and Doctoral Psychology students, registered psychotherapists, practicum students and mental health counselors. Dr Galperin teaches CBT ([Cognitive Behavioural Therapy](#)) to mental health professionals from different countries. She has provided individual and group psychological treatment in hospitals, community health centers, and private practice. She practices and teaches [Mindfulness Meditation](#). Dr Galperin is a member of the College of Psychologists of Ontario and the Ontario Psychological Association.

Dr. Galperin has extensive experience in [Individual Therapy](#), [Couples Therapy](#), and [Group Therapy](#). She is trained and experienced in Cognitive Behavioural Therapy (CBT), [Dialectical Behavioural Therapy \(DBT\)](#), Emotionally Focused Therapy (EFT), Compassion-Focused Therapy, and Mindfulness Meditation. She is fluent in English and Spanish.