Gratitude Journal: *Cultivating Positive Awareness*

Every day, identify and write down at least 3 positive things you observed that day. *These may include, but are not limited to:*

- **Something lovely you saw in nature.**
- **Something someone said that touched or uplifted you.**
- **A happy occurrence or bit of news.**
- **Something nice someone did for you.**
- **Something nice you were able to do for someone else.**
- **A spiritual experience giving you a needed nudge and direction.**
- **Something fun or meaningful you did that day.**

If you wish, you can focus your journaling on an area you’re particularly struggling with or trying to improve. For example:

- **If you’re struggling with self-esteem:** Identify three things you did every day that you’re proud of, or can take delight in.
- **If you’re struggling with a spouse, parent, or child:** Look intentionally for three things per day in that individual that were positive.
- **If you’re trying to revitalize your spirituality:** Look for evidences, three times a day, of the hand of God in your life. (Some call this their “Tender Mercies Journal.”)

Created by Carrie M. Wrigley, LCSW, [http://morninglightcounseling.org/](http://morninglightcounseling.org/)