How to Keep a Gratitude Journal

*Research suggests that consciously giving thanks for the good people, events, and things in our lives can have profound effects on our wellbeing. With the Thanksgiving holiday less than 2 months away, the Wellness Committee felt it appropriate to include as one of our Wow Challenge mindfulness activities the option of keeping a gratitude journal.*

Here are 3 easy steps to starting a gratitude journal-

1. Write down up to 5 things for which you feel grateful. These can be big things, like winning a major competition, or small details, such as your friend waiting to bike home with you. Really remember this person, event, or experience in your life and go into detail in your writing.
2. Write in your journal for about 15 minutes, 1-3x per week. Evidence suggests that writing less often is actually more beneficial that journaling daily. If you want to write more, focus instead on going into greater detail describing what you are thankful for in your other journal entries.
3. After remembering and writing in your gratitude journal, take a few moments to enjoy the good emotions that come with being actively grateful. Hopefully these good vibes and a positive outlook will stay with you throughout the rest of your day, week, 2nd Quarter and beyond.

Adapted from <http://ggia.berkeley.edu/practice/gratitude_journal>