Gratitude Journal

Due Date: _____

Purpose: *This assignment is designed to help you use what you have learned about the psychological science of gratitude to improve your own well-being.*

Skills

- Develop and implement a regular practice of gratitude in order to promote well-being.

Task: To complete this assignment, you should:

1. For each week for the next _____ weeks, spend at least 15 minutes reflecting upon and recording things for which you are grateful. You may spend more time if you wish.
2. You may use any format you find appropriate (handwritten notes, electronic document, etc.), but there must be *written* entries. It is not sufficient to simply "make a mental note" of your gratitude without recording it in some form.
3. Entries can reference *anything* for which you are grateful, small or large. However, the most effective entries will include specific details about the person(s), event(s), or thing(s) for which you are grateful.
4. On _____ (date) and _____ (date) you will be asked to share entries of your own choosing with either a classmate or your instructor.

Criteria for Success

You will be successful in this assignment if you:

- **Share a gratitude journal entry on required dates.**
- **Participate in discussion regarding effective practices in gratitude journaling.**