

Appreciation Journal

Purpose:

1. To become intentional about finding things to appreciate throughout your day.
2. Once you have a list going, these appreciation moments can become something you “remember” in order to restore your brain to feeling appreciation in the middle of difficult situations.

Instructions:

1. When something good happens, or you're in a good mood, look around for something specific you are grateful for.
2. Focus intentionally on that. Take a deep breath and notice how your body feels while you are appreciating this person, place, or thing.
3. Write it down in your journal
 - a. Short description- include what you did in response to feeling appreciation!
 - b. Emotion you felt along with appreciation
 - c. How your body felt when you paid attention to your appreciation moment.
 - d. Name it. (you might want to circle the name so it stands out)
4. Extra Step: Tell someone about this appreciation moment you just described later in the day or week. Include all the details about how you felt and how your body felt while you were appreciative!

Example Entry:

While sitting at my desk I glanced out the window and noticed the gentle breeze moving the leaves in the trees. Then I saw a robin on a branch and I smiled. It made me happy to be able to pause and take in the beauty right outside my window. My breathing slowed and I could feel the smile on my face crinkle the corners of my mouth. I felt alive in the moment.

Robin in the window

*the guide on these pages will separate each step to make it easier, but once you get the hang of it, just write it all in one paragraph like the example above!



Appreciation Journal

Date:

Description:

What I did in response:

Emotions Felt:

Body Felt:

Name it:

Date:

Description:

What I did in response:

Emotions Felt:

Body Felt:

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