**Gratitude Journal**

This is an example of how to use the tool to create awareness of being thankful in your life. Write down three things you are thankful for and how you expressed this to others. The second page is left blank for you to fill and to make copies.

A. Gratitude Journal

Name: Matt Ng Date: Feb 1 – Feb 7, 2018

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| MonDAY | *I thanked the lady who held the lift door open for me.* |
|  | *I am thankful for the lunch my wife packed. She packed my favourite, a tuna sandwich and a tub of yogurt. I brought her a rose to show how grateful I am to have a loving wife* |
|  | *Someone made a fresh pot of coffee after it ran out, thanks to who took the initiative who did so.* |
| TUESDAY | *Awesome, traffic is clear this morning. I arrived at office half an hour earlier. Used the time to clear my emails.* |
|  | *Wrote a thank-you note to the cleaner lady who cleans the office. She was happy to receive it.* |
|  | *Managed to submit the proposal to set up a coaching system before the deadline.* |
| WEDNESDAY | *Met my mentor this morning. I thanked him for his guidance and wisdom which has assisted professionally and personally and brought us breakfast.* |
|  | *Acknowledge Rupert, an executive who reports to me, in a meeting after he gave an idea to improve the workflow process in the department.* |
|  | *Brought ice cream for my children as I am thankful for their presence in my life.* |
| THURSDAY | *Had a fruitful meeting with my direct reports. We managed to resolve several productivity issues and brought them lunch afterwards.* |
|  | *I slipped on the pavement while walking to the nearby café for lunch, thankfully I was not hurt, only a bruised ego.* |
|  | *My eldest daughter got an “A” for her science project and she thanked me for helping her.* |
| FRIDAY | *My salary was deposited today, I am thankful for being able to do what I love and being paid to do so.* |
|  | *Picked up the car from the workshop after the check-engine light showed, thankfully it was only a sensor which required cleaning.* |
|  | *My parents flew in this evening. Thankfully they arrived safe and their flight was not delayed. We enjoyed a nice dinner and caught up on their latest trip to the Caribbean.*  |
| Saturday  | *After a tiring week, am thankful to be able to sleep in late to enjoy the start of the weekend.*  |
|  | *Met up with my good friend for lunch. I picked up the tab as a gesture of thanks to him after he helped me cleaned my garage last month.* |
|  | *I took care of the kids this evening to allow my wife to have a girls’ night out to thank her for taking care of our family.* |
| SUNDAY | *Went to church with my family. Thanked God for blessing me with a wonderful wife and healthy children.* |
|  | *Took my whole family, including my parents, for lunch. It was delicious, and the service was great, left a big tip for the waitress who did such a good job.* |
|  | *Managed to get some time-off in the evening to gather my thoughts and mediate for awhile. Thank goodness for a spouse who understands my need to have quiet moments to myself to recharge my batteries.* |

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Name: Date:

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