

### Worksheet 4.7 Gratitude Journal Instructions

Many people find it easier to think about the things that did not go well throughout their days rather than the many things that did go well. This tendency to focus on the negative while overlooking the positive is a bias in human thinking referred to as the fundamental negative bias. You are being asked to keep a journal for the next several weeks in which you will write down three good things that happened to you each day in order to manually override the fundamental negative bias. In addition to writing down at least three good things that happen, you are being asked to consider *why* those things happened. For example, did you do something to make it happen? Did someone else cause this good event to happen? Was it pure luck? Thinking about those things that go well in our lives helps us to feel more positive emotions and more satisfied with life while simultaneously building strengths such as gratitude and optimism.

The following chart can be copied and used for keeping your gratitude journal. If you prefer to keep a type-written journal or to purchase a separate notebook or diary, please feel free to do so.

| Date  | 3 Good events          | Why these good things happened |
|-------|------------------------|--------------------------------|
| _____ | 1.<br><br>2.<br><br>3. | 1.<br><br>2.<br><br>3.         |
| _____ | 1.<br><br>2.<br><br>3. | 1.<br><br>2.<br><br>3.         |
| _____ | 1.<br><br>2.<br><br>3. | 1.<br><br>2.<br><br>3.         |