

Gratitude Journal

Each day, set aside time to write a list of things you are grateful for. Don't worry about grammar or complete sentences. You can write words or sentences. Sometimes, you might just decide to write a few sentences about something important to you. Don't be concerned with "correctness".

No one is going to read this! This book is entirely for you. When you come back to see me, you will flip through the pages to show me that you kept up with the journal. I won't read it. No one in my office will read it.

Put the date at the top of the page. Then begin with "I'm grateful for...." At first, it might be difficult to think of things beyond the expected. Do not feel as if you have to write a list of things you are "supposed" to be grateful for. Try to remember what you are truly grateful for, even if it is small or selfish. Actually, the smaller the better. Write what you are grateful for in that very moment.

Example: I am grateful that I was first in line at the basketball game and got a good seat.

Example: I am grateful my old dog is still alive.

Example: I am grateful the weather is getting warmer and that this morning wasn't as cold as last week.

Journaling will be whatever you want it to be. If anyone asks, you can just tell him or her you have a Creative Writing assignment from a Wellness Counselor.

I hope I hear good things from your experience. I have had wonderful things happen in my life when I take time to write in a gratitude journal. I hope wonderful things happen for you as well.

I look forward to seeing you.

Sincerely,

Judge Pamela Luther

Judge, Dallas County Court of Criminal Appeals No. 2