

Weekly Gratitude Journal

Use this journal at the end of each workday or week to reflect on what supported you and how you talk to yourself.

Day 1

What's one thing that went well today?

What have I been saying to myself today?

What would I like to say to myself instead?

Who or what can I appreciate right now?

Day 2

What's one thing that went well today?

What have I been saying to myself today?

What would I like to say to myself instead?

Who or what can I appreciate right now?

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Day 3

What's one thing that went well today?

What have I been saying to myself today?

What would I like to say to myself instead?

Who or what can I appreciate right now?

Day 4

What's one thing that went well today?

What have I been saying to myself today?

What would I like to say to myself instead?

Who or what can I appreciate right now?

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Day 5

What's one thing that went well today?

What have I been saying to myself today?

What would I like to say to myself instead?

Who or what can I appreciate right now?

Weekly Gratitude Insight

What themes do you notice in what supports you?

How has your self-talk shifted this week?

Write a kind note to yourself in appreciation.
