

# gratitude 2024

TRUE NORTH  
LEADERSHIP

**Why gratitude?** Simply put, gratitude makes us better people and positively impacts various aspects of life, including mental and physical health, relationships, and personal growth. It helps us cultivate a more positive and appreciative mindset, leading to a happier and more fulfilling life.

Gratitude is the quality of being thankful and appreciative for the positive aspects of life. It involves recognizing and acknowledging the good things, experiences and people in our lives, and feeling a sense of appreciation towards them. Gratitude can even help us navigate adverse situations by improving coping skills, enhancing resilience, building hope, and promoting positive feelings of joy + optimism. Here's how:

### **Enhances Mental Health**

- Reduces Depression and Anxiety: Regularly practicing gratitude has been shown to lower symptoms of depression and anxiety. By focusing on positive experiences and what we appreciate, we can shift our mindset away from negativity.
- Boosts Overall Happiness: Grateful individuals often experience higher levels of overall happiness and life satisfaction. Gratitude fosters a positive outlook and can lead to a more joyful life.

### **Improves Relationships**

- Strengthens Bonds: Expressing gratitude can deepen relationships with friends, family, and colleagues. Acknowledging others' contributions fosters trust and connection.
- Encourages Reciprocity: When we express gratitude, it often encourages others to be more supportive and kind, creating a positive feedback loop in our relationships.

### **Promotes Resilience**

- Coping with Adversity: Gratitude can enhance our ability to cope with challenges and setbacks. By recognizing what we are thankful for, we can build resilience and find meaning in difficult situations.
- Fosters a Growth Mindset: Grateful individuals tend to view challenges as opportunities for growth, which can lead to greater adaptability and perseverance.

### **Enhances Physical Health**

- Improves Well-Being: Grateful people often report better physical health, including fewer ailments and a greater propensity to engage in health-promoting behaviors, such as exercise and regular check-ups.
- Promotes Sleep Quality: Practicing gratitude, especially through journaling, can improve sleep quality by reducing negative thoughts and promoting relaxation.

### **Increases Empathy and Reduces Aggression**

- Enhances Empathy: Grateful people are often more empathetic and compassionate toward others. This can lead to more positive interactions and a greater sense of community.
- Decreases Aggressive Behavior: Studies have shown that gratitude can reduce feelings of resentment and anger, promoting a more peaceful and cooperative environment.

### **Fosters a Positive Environment**

- Creates a Culture of Appreciation: In workplaces and communities, gratitude can foster a culture of appreciation and support, improving collaboration and morale.
- Encourages Kindness: Gratitude inspires individuals to perform acts of kindness, which can have a ripple effect, contributing to a more positive and connected community.

# instructions

These sheets contain journal prompts and other questions to help you tap into gratitude. This is **your** learning...you do what feels best to you.

Here are some tips to help guide you, should you want or need them.

- set aside some time each morning and evening to reflect on the worksheets
- consistency is key to building any practice
- if social media is your thing, head over to Instagram @true\_north\_lead and share your thoughts on the daily prompts (qr code below)
- find some time before 11/1 to complete the opening reflection questions + scientific assessment of your gratitude levels
- plan for extra time each Sunday to complete the weekly reflections
- even if you skip a few days, finish the closing reflections + re-take the assessment
- have fun + connect with those who matter most to you, including yourself



@TRUE\_NORTH\_LEAD

**DAILY GRATITUDE JOURNAL** DATE: 11/1 Friday

JOURNAL PROMPT  
If I could tell a younger version of myself one thing, it would be:

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TODAY I AM GRATEFUL FOR...      WAYS I WANT TO BE TODAY...

I AM EXCITED ABOUT...      ACTION ITEMS...

DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." Oprah Winfrey

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Reflection questions + intention setting. Action items can be things that reinforce your reflection - like connecting with friends and family + savoring small things in your day.

Write about your thoughts. Morning is a great time to set intention for the day. Or if you are more reflective in the evening, carve out time for yourself to capture your thoughts. Prompts are different each day.

Inspired quote. What does this make you think about? It's different each day.

Track your mood + record your day. Think of ways you were proud of yourself each day.



# opening reflection

Why did you say yes to this course?

Describe what gratitude means to you.

Think of a time you felt extremely grateful in your life. What were the circumstances? Is something about that time different than now?

What do you need to build consistency for this month?

Overall how do you feel starting this course?



# pre-assessment

## Gratitude Questionnaire

| Please check a box on how you feel right now. |   | Strongly Disagree             | Disagree                      | Slightly Disagree             | Neutral                       | Slightly Agree                | Agree                         | Strongly Agree                |
|---|---|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| GQ 1  | I have so much in life to be thankful for.  | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 2  | If I had to list everything that I felt grateful for, it would be a very long list.   | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 3  | When I look at the world, I don't see much to be grateful for. (R)  | <input type="checkbox"/><br>7 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>1 |
| GQ 4  | I am grateful to a wide variety of people.  | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 5  | As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history. | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 6  | Long amounts of time can go by before I feel grateful to something or someone. (R)  | <input type="checkbox"/><br>7 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>1 |

**Scoring:** Add the responses varying from 1-7 for all eight items giving a range from 6-42. A higher score represents a person with more gratitude.

(Note: R = reverse-scored item)

**Your total score:** \_\_\_\_\_

McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002). The grateful disposition: a conceptual and empirical topography. *Journal of personality and social psychology*, 82(1), 112.

### REFLECTION

**What did you notice? What surprised you?  
What would you like to change?**

NOVEMBER

2024

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| 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

HOW I WANT TO BE THIS MONTH

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# DAILY GRATITUDE JOURNAL

DATE: 11/1 Friday

### JOURNAL PROMPT

If I could tell a younger version of myself one thing, it would be:

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.” Oprah Winfrey**





# DAILY GRATITUDE JOURNAL

DATE: 11/2 Saturday

## JOURNAL PROMPT

Describe three great decisions you made in the last six months and their outcomes.

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER

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"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for." Epicurus





# DAILY GRATITUDE JOURNAL

DATE: *11/3 Sunday*

## JOURNAL PROMPT

What sets your soul on fire? What lights you up?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul." Amy Collette**



# weekly reflection

SOCIAL CONNECTIONS THIS WEEK

BEST THING ABOUT THIS WEEK

BIGGEST CHALLENGE OF THE WEEK

BIGGEST ACHIEVEMENT THIS WEEK

KIND ACTS OF THE WEEK

INTENTION FOR NEXT WEEK

SOMETHING I LEARNED THIS WEEK

GENERAL MOOD OF THE WEEK

NOTES



# DAILY GRATITUDE JOURNAL

DATE: *11/4 Monday*

## JOURNAL PROMPT

What is the most precious gift you have ever received?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER



**"I am happy because I'm grateful. I choose to be grateful. That gratitude allows me to be happy." Will Arnett**



# DAILY GRATITUDE JOURNAL

DATE: 11/5 Tuesday

## JOURNAL PROMPT

I feel appreciated when **and/or** I show appreciation by...

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

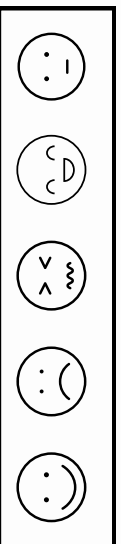
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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER



**"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well."**  
Voltaire



# DAILY GRATITUDE JOURNAL

DATE: *11/6 Wednesday*

## JOURNAL PROMPT

No matter what, I always make time for:

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER

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**"There's nothing nicer than unexpected appreciations. If you're grateful, get a pen."  
Helen Ellis**



# DAILY GRATITUDE JOURNAL

DATE: *11/7 Thursday*

### JOURNAL PROMPT

I am grateful that I had the opportunity to experience:

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Have gratitude for all that you have, and you can be happy exactly as you are."  
Mandy Ingber**



# DAILY GRATITUDE JOURNAL

DATE: *11/8 Friday*

## JOURNAL PROMPT

Who was the last person you expressed gratitude toward and why? How was it received?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"When it comes to life the critical thing is whether you take things for granted or take them with gratitude." G.K. Chesterton**





# DAILY GRATITUDE JOURNAL

DATE: *11/9 Saturday*

### JOURNAL PROMPT

Who is in your corner? Create a list of all the people who want to see you succeed.  
Bonus: thank them today.

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"What separates privilege from entitlement is gratitude." Brené Brown**



# DAILY GRATITUDE JOURNAL

DATE: 11/10 Sunday

## JOURNAL PROMPT

What season do you enjoy most and why?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

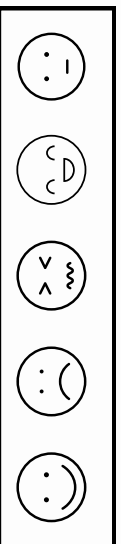
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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER



**"The more you practice the art of thankfulness,  
the more you have to be thankful for."**

**Norman Vincent Peale**



# weekly reflection

SOCIAL CONNECTIONS THIS WEEK

BEST THING ABOUT THIS WEEK

BIGGEST CHALLENGE OF THE WEEK

BIGGEST ACHIEVEMENT THIS WEEK

KIND ACTS OF THE WEEK

INTENTION FOR NEXT WEEK

SOMETHING I LEARNED THIS WEEK

GENERAL MOOD OF THE WEEK

NOTES



# DAILY GRATITUDE JOURNAL

DATE: 11/11 Monday

## JOURNAL PROMPT

What five lessons have you learned these past twelve months?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER

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"I'm just thankful for the people that never left me and equally thankful for those who did."  
Nitya Prakash



# DAILY GRATITUDE JOURNAL

DATE: *11/12 Tuesday*

## JOURNAL PROMPT

What part of your day are you most grateful for? Why?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER



"Gratitude is one of the strongest and most transformative states of being. It shifts your perspective from lack to abundance and allows you to focus on the good in your life, which in turn pulls more goodness into your reality." Jen Sincero



# DAILY GRATITUDE JOURNAL

DATE: *11/13 Wednesday*

## JOURNAL PROMPT

In my day-to-day life, I will express more gratitude to others by:

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER

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**"The best way to show my gratitude is to accept everything, even my problems, with joy."  
Mother Teresa**



# DAILY GRATITUDE JOURNAL

DATE: 11/14 Thursday

## JOURNAL PROMPT

How do you begin to turn things around after a rough day?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER



**"Being grateful does not mean that everything is necessarily good. It just means that you can accept it as a gift." Roy T. Bennett**





# DAILY GRATITUDE JOURNAL

DATE: *11/15 Friday*

### JOURNAL PROMPT

Describe instances when you've felt genuine and authentic love.

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"A real friend is one who walks in when the rest of the world walks out." Walter Winchell**



# DAILY GRATITUDE JOURNAL

DATE: 11/16 Saturday

### JOURNAL PROMPT

Write about a time someone forgave you for a mistake you made.

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in." Kristin Armstrong**



# DAILY GRATITUDE JOURNAL

DATE: *11/17 Sunday*

### JOURNAL PROMPT

What is the greatest lesson a mentor taught you?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"The highest tribute to the dead is not grief but gratitude." Thornton Wilder**



# weekly reflection

SOCIAL CONNECTIONS THIS WEEK

BEST THING ABOUT THIS WEEK

BIGGEST CHALLENGE OF THE WEEK

BIGGEST ACHIEVEMENT THIS WEEK

KIND ACTS OF THE WEEK

INTENTION FOR NEXT WEEK

SOMETHING I LEARNED THIS WEEK

GENERAL MOOD OF THE WEEK

NOTES



# DAILY GRATITUDE JOURNAL

DATE: *11/18 Monday*

### JOURNAL PROMPT

What traditions are you most thankful for and why?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"This is a wonderful day. I have never seen this one before."**

**Maya Angelou**



# DAILY GRATITUDE JOURNAL

DATE: *11/19 Tuesday*

### JOURNAL PROMPT

Something I would like to say to my future self is:

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Whatever you appreciate and give thanks for will increase in your life." Sanaya Roman**



# DAILY GRATITUDE JOURNAL

DATE: *11/20 Wednesday*

### JOURNAL PROMPT

The longer I live, the more I realize that:

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Living in a state of gratitude is the gateway to grace." Arianna Huffington**





# DAILY GRATITUDE JOURNAL

DATE: *11/21 Thursday*

## JOURNAL PROMPT

In what ways can you build and nurture your friendships?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER



**"When the world is so complicated, the simple gift of friendship is within all of our hands."  
Maria Shriver**



# DAILY GRATITUDE JOURNAL

DATE: 11/22 Friday

## JOURNAL PROMPT

Who in your life makes you want to be a better person? What is it about them that evokes this in you?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER

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**"To have friends who will always take you to higher ground is an incalculable blessing."  
John Bytheway**



# DAILY GRATITUDE JOURNAL

DATE: *11/23 Saturday*

### JOURNAL PROMPT

How do you say "thank you" without using those exact words?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Silent gratitude isn't much use to anyone."  
Gertrude Stein**



# DAILY GRATITUDE JOURNAL

DATE: 11/24 Sunday

## JOURNAL PROMPT

When was a time you performed an anonymous act of kindness? How did it make you feel?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER

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**"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." Scott Adams**



# weekly reflection

SOCIAL CONNECTIONS THIS WEEK

BEST THING ABOUT THIS WEEK

BIGGEST CHALLENGE OF THE WEEK

BIGGEST ACHIEVEMENT THIS WEEK

KIND ACTS OF THE WEEK

INTENTION FOR NEXT WEEK

SOMETHING I LEARNED THIS WEEK

GENERAL MOOD OF THE WEEK

NOTES



# DAILY GRATITUDE JOURNAL

DATE: *11/25 Monday*

## JOURNAL PROMPT

What is your favorite area in your living space and why?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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- 
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### ACTION ITEMS...

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- 
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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"It's up to us to choose contentment and thankfulness now — and to stop imagining that we have to have everything perfect before we'll be happy."**  
Joanna Gaines



# DAILY GRATITUDE JOURNAL

DATE: *11/26 Tuesday*

## JOURNAL PROMPT

How did it feel when you last stepped outside of your comfort zone?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER



**"Feeling gratitude and not expressing it is like wrapping a present and not giving it."**

**William Arthur Ward**



# DAILY GRATITUDE JOURNAL

DATE *11/27 Wednesday*

### JOURNAL PROMPT

What changes in your life are you most grateful for?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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- 
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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." Melody Beattie**





# DAILY GRATITUDE JOURNAL

DATE: *11/28 Thursday*

## JOURNAL PROMPT

Describe the last time I laughed so hard your belly hurt.

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER



**"Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you." Eileen Caddy**



# DAILY GRATITUDE JOURNAL

DATE: *11/29 Friday*

## JOURNAL PROMPT

Describe a time something didn't go as planned. What did you learn from it?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Never let the things you want make you forget the things you have." Sanchita Pandey**



# DAILY GRATITUDE JOURNAL

DATE: *11/30 Saturday*

## JOURNAL PROMPT

What have you learned from those who raised you?

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### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER

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“Gratitude changes the pangs of memory into a tranquil joy.” Dietrich Bonhoeffer





# post-assessment

## Gratitude Questionnaire

| Please check a box on how you feel right now. |   | Strongly Disagree             | Disagree                      | Slightly Disagree             | Neutral                       | Slightly Agree                | Agree                         | Strongly Agree                |
|---|---|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| GQ 1  | I have so much in life to be thankful for.  | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 2  | If I had to list everything that I felt grateful for, it would be a very long list.   | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 3  | When I look at the world, I don't see much to be grateful for. (R)  | <input type="checkbox"/><br>7 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>1 |
| GQ 4  | I am grateful to a wide variety of people.  | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 5  | As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history. | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 6  | Long amounts of time can go by before I feel grateful to something or someone. (R)  | <input type="checkbox"/><br>7 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>1 |

**Scoring:** Add the responses varying from 1-7 for all eight items giving a range from 6-42. A higher score represents a person with more gratitude.

(Note: R = reverse-scored item)

**Your total score:** \_\_\_\_\_

McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002). The grateful disposition: a conceptual and empirical topography. *Journal of personality and social psychology*, 82(1), 112.

## REFLECTION

**What did you notice? What surprised you?  
Did your score change?**



# closing reflection

What did you learn about yourself this month?

What do you think could happen if you incorporated more gratitude into your life?

What factors contributed to your feelings of gratitude this month? Social connection, reflection...

How can you incorporate gratitude into your life more consistently?

Overall how do you feel at the end of this course?

# TN my gratitude

Thank you.

I am grateful that you have spent this month digging deeper into gratitude. This is a practice that is very important to me because I have seen it shift my own mindset and the well-being of others, too.

I hope you found something in these pages to inspire you beyond these 30 days. As you settle into the last month of 2024 and make plans for 2025, if I can support you in any way, I am here. Always.

*Chantel*



## CONNECT

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