

# Gratitude Guide

Small habits to strengthen your mental health by noticing the good, thanking others, and bringing gratitude into everyday moments.

## Daily Gratitude Journal Prompts

Spend 3–5 minutes a day reflecting or jotting notes in a notebook or a notes app.

1. One thing that went right today was
2. A small comfort I appreciated today
3. Someone who helped me or made my day easier
4. A challenge that taught me something
5. Something I'm looking forward to
6. One thing I often take for granted but value
7. A moment that made me smile or laugh

**Tip:** Gratitude works best when it's **specific** and **fresh** each time.

## Weekly Ways to Thank Others at Work

Choose one or two each week to build stronger, healthier connections.

- **Be specific.** Instead of “Thanks for your help,” say “Your summary kept the meeting on track—thank you.”
- **Send a note.** A two-line email of appreciation stands out more than you think.
- **Start meetings with gratitude.** Ask each person to share one recent win or highlight.
- **Public praise, private thanks.** Recognize effort publicly, affirm character privately.
- **Keep a “gratitude chain.”** At the end of each week, name one coworker who helped you and tag them to do the same.

## Gratitude Around the Table

Bring calm and connection to family meals—no pressure, just presence.


- Go around the table and share one thing you appreciated today.
- Rotate who asks the question: “What made you smile today?”
- Keep a family gratitude jar—drop in small notes all week, then read them together on Sunday.
- Add a short prayer or reflection of thanks before eating, suited to your family's traditions.
- End the meal by asking, “Who can we thank this week?” and make a plan to reach out.


## Quick Reminder

Gratitude doesn't erase hard things—it helps you notice support, meaning, and small joys that keep you grounded.

Use these prompts for one week and see how your mood, stress, and relationships respond.

## More Resources

[“Giving thanks can make you happier”](#)   
Harvard Health Publishing

[“How Gratitude Changes You and Your Brain”](#)   
Greater Good Magazine – UC Berkeley