

# Gratitude Journaling

## Creative Wellbeing Workshops, LLC

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What happens when we focus on the good in life, and express what truly moves us? What happens when we paint, draw or sketch what is most dear to us?

It turns out that keeping a daily gratitude journal, embellished by doodles or magazine collage, is a quick-and-easy activity that can increase positive feelings and help us to flourish.

Gratitude is a way we can notice and appreciate the best in life, including the helpful actions of others. Research shows that people who experienced gratitude felt supported, were emotionally closer to others, and wanted to build the relationship with the person towards whom they felt gratitude (Algoe & Haidt, 2009; Algoe & Stanton, 2012). Such positive emotions help us to broaden horizons and build our resiliency, so we

bounce back quicker when times are tough.

## A daily practice of gratitude journaling could look like this:

In a journal of your choice, write down or make art about three things that went well—the stuff you're grateful for, good things, blessings—three times a week. Write and/or make art about why these things were good, what about you or the situation made you able to appreciate it. Small things can add up to a life well lived, so don't forget the great cup of coffee or every-day moments talking with a friend. It's best to vary your timing, art materials, and area of focus—work, home life, or memories—to keep it fresh. Gratitude journaling shouldn't feel like a task you to 'have' to accomplish.

I like mixing up the text and images, and even paint over the text with gesso to build up layers in my journal. Gratitude journaling is more about an appreciative process than the final art product. Let go & enjoy.

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**For more info and ideas, check out:**

[www.CreativeWellbeingWorkshops.com](http://www.CreativeWellbeingWorkshops.com)

### References:

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