

# GRATITUDE JOURNAL

Name: \_\_\_\_\_

Work through this journal and focus on the positives in life, keep it up to date with your goals and achievements, track how much you have accomplished throughout the month and celebrate everything you are grateful for!

If you would like extra support,  
please contact the Health and  
Wellbeing Centre.

[HWBC@barnsley.ac.uk](mailto:HWBC@barnsley.ac.uk)

01226 216233

 [barnsleycollegeHWBC](#)



**THINGS I'M GRATEFUL FOR ...**

Lined writing area for gratitude.

**THINGS I'M PASSIONATE ABOUT ...**

Lined writing area for passions.



**NOTES**

Large lined writing area for notes.

**END OF THE MONTH ...**

**CELEBRATING MY SUCCESSES**



Blank lined area for writing about celebrating successes.

**PEOPLE THAT MAKE ME SMILE ...**



Blank lined area for writing about people that make me smile.

**NEXT MONTH'S GOALS**

Blank lined area for writing about next month's goals.

**THINGS THAT MAKE ME HAPPY ...**

Blank lined area for writing about things that make me happy.

**LETTER TO MY YOUNGER SELF ...**

Lined writing area for the letter to a younger self, featuring a red pen icon at the bottom left corner.

**END OF THE WEEK ...**

**THIS WEEK I AM GRATEFUL FOR**

Lined writing area for expressing gratitude for the week.

**THINGS THAT MADE ME SMILE**

Lined writing area for listing things that made the user smile.





# BUCKET LIST

12 MONTHS FROM NOW I WILL HAVE ...

AUTUMN

---

---

---

---

---

---

---

---

---

---

WINTER



---

---

---

---

---

---

---

---

---

---

# END OF THE WEEK ...

THIS WEEK I AM GRATEFUL FOR

---

---

---

---

---

---

---

---

---

---

THINGS THAT MADE ME SMILE

---

---

---

---

---

---

---

---

---

---



## START OF THE WEEK ...

THINGS I WOULD LIKE TO DO

---

---

---

---

---

---

---

---

---

---

WHAT I WANT TO ACHIEVE

---

---

---

---

---

---

---

---

---

---

SPRING

---

---

---

---

---

---

---

---

---

---

SUMMER

---

---

---

---

---

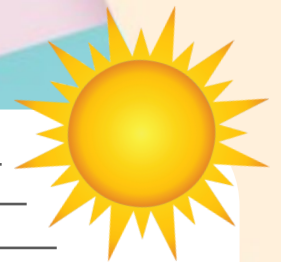
---

---

---

---

---



## START OF THE WEEK ...

THINGS I WOULD LIKE TO DO

---

---

---

---

---

---

---

---

---

---

## END OF THE WEEK ...

THIS WEEK I AM GRATEFUL FOR

---

---

---

---

---

---

---

---

---

---

WHAT I WANT TO ACHIEVE

---

---

---

---

---

---

---

---

---

---

THINGS THAT MADE ME SMILE

---

---

---

---

---

---

---

---

---

---





**START OF THE WEEK ...**

**THINGS I WOULD LIKE TO DO**

Lined writing area for 'THINGS I WOULD LIKE TO DO' with 10 horizontal lines.

**END OF THE WEEK ...**

**THIS WEEK I AM GRATEFUL FOR**

Lined writing area for 'THIS WEEK I AM GRATEFUL FOR' with 10 horizontal lines.

**WHAT I WANT TO ACHIEVE**

Lined writing area for 'WHAT I WANT TO ACHIEVE' with 10 horizontal lines.

**THINGS THAT MADE ME SMILE**

Lined writing area for 'THINGS THAT MADE ME SMILE' with 10 horizontal lines.



**We hope you had an amazing first week!**

**Have a think about how you felt throughout it**

**Angry**

**Upset**

**Motivated**

**Nervous**

**Confident**

**Positive**

**Joyful**

**Happy**

**Scared**

**Excited**

**Shy**

**Sad**