Gratitude journal

An Everyday Insight tool
mysleeptoolbox.com

In the evening, write down a few things you're grateful for. They can be big or small, from today or from any time. A person, a comfort, a kindness, something you're looking forward to. Stay with each one for a moment.

Studies have linked gratitude with calmer, more pleasant thoughts at bedtime. It's a way to end the day, not a treatment for insomnia.

If you're stuck, try one of these.

Someone who made today easier
Something small that felt good
Something your body let you do
Something you're looking forward to
A place you like to be
Something you have now that you once hoped for
Someone you're glad is in your life
Something that made you laugh

Day 1

Date

Day 2

Date

Day 3

Date

Day 4

Date

Day 5

Date

Day 6

Date

Day 7

Date

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