

Dr Jenn's Den

Daily Gratitude Worksheet

There is a lot of research pointing to the power of taking time every day to reflect on what you're grateful for. The intentional act of focusing your attention in this way, and feeling the positive sensations of appreciation, can help shift your brain to notice more positive things around you. This is important for any relationship!

Writing down what you're grateful for is best done at dinner time or at bedtime. You can use this worksheet to get started, but using a little notebook or journal to write down your gratitudes also works well.

Reflect back on your day and consider the following questions:

- What interactions with others did you appreciate?
- What made you laugh?
- What do you think went well?
- What are you proud of?
- Did you eat something delicious?
- Did you feel healthy?
- Do you have a roof over your head, a job, people who love you, etc?

Also think about your partner specifically and consider these questions:

- What strength did they display today?
- How did they take care of you, your family, or show kindness?
- Did you share a close moment?
- Did they dress or look nice today?
- What are you proud of them for doing or saying (or not doing or not saying!)?

When you write these down, add more details than you might think necessary. The ability to really *feel* appreciation often resides in the juicy details. For example, instead of writing, *I am grateful for my health and the good health of my family*, you could write, *I am grateful that I feel healthy and that my family has good health, and that we were able to laugh and play tag in the yard together before dinner*. Or, instead of writing, *My partner looked nice today*, you could write, *I appreciated how sexy my partner looked in that new top and how the green accentuated the color of their eyes*.

Give it a shot! Write down two gratitudes about your day in general, and one specifically about your partner. Then share with your partner (and vice versa), and feel free to add more!

1. _____
2. _____
3. _____