

WORKSHEET 12.13. **Learning from My Gratitude Journal**

1. Did keeping this journal change my outlook about my life, other people, or myself in any way? If so, how?
2. How has it affected my mood, if at all?
3. Were there benefits to reviewing what I had already written, even if I didn't add much that week?
4. Did it become easier over time to notice things to be grateful for?
5. How did keeping this journal affect my awareness of gratitude throughout the week?
6. Did the effects seem to last longer as I continued this practice?
7. Did keeping this gratitude journal inform my work on strengthening my new core beliefs? If so, how?
8. Would it be helpful for me to continue practicing gratitude? If so, how and why?