

ASSIGNMENT

GRATITUDE JOURNALING

Assignment: Gratitude Journaling

Maintain a gratitude journal for 14 consecutive days and write a reflective analysis connecting your experience to course concepts and scholarly research.

Write one journal entry each day. Each entry should include:

- Three specific things you are grateful for.
- A brief explanation (2–4 sentences each) describing why each item is meaningful.
- One sentence reflecting on your mood or emotional state that day.
- Each daily entry should be approximately 150–250 words.
- Be specific rather than general.

Reflection Questions

- What patterns emerged throughout your gratitude journal?
- Did your perspective or mood change over the two weeks? Explain with examples.
- Which journal entries were the easiest and most difficult to write? Why?
- How did practicing gratitude affect your stress, relationships, motivation, or outlook (if at all)?
- Compare your experience with at least two scholarly sources discussing gratitude or positive psychology.
- What limitations or challenges do you see in gratitude journaling as a well-being intervention?
- How might you apply (or choose not to apply) gratitude journaling in your future personal or professional life?