

The Gratitude Journal page

Three specific things. That's the whole practice.

The research on gratitude journaling has one consistent finding: **specificity beats volume**. Three concrete things, each with a line about why it mattered, does more than a list of ten generic ones — because the "why" is where your attention actually changes. "Coffee" is a word; "the first quiet coffee before anyone woke up" is a moment you got to live twice.

Date: _____

1. Something specific from today:

Why it mattered:

2. Something specific from today:

Why it mattered:

3. Something specific from today:

Why it mattered:

One thing I'm looking forward to:

End of the week — look back

What kept showing up? (People, places, small rituals — repeats are the point, they're your actual ballast.)

Skipped a few days? Fine. This works at two or three entries a week — consistency over streaks. It's a practice for noticing what's already carrying you, not another performance to grade yourself on.

