A 21-day gratitude journal: a self-guided sequence

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This is an original sequence of 21 entries, not a retelling of a similarly titled publication or a promise to change a habit in exactly three weeks. One specific episode and a few sentences are enough: what happened, why it mattered and whether you want to respond. If nothing suitable comes to mind, record that honestly or skip the entry.

Adapt the prompts to your life. You do not need to be grateful for harm, deny difficult experiences or compare yourself with people who have less. On days seven, fourteen and twenty-one, reread your entries and look for recurring support and one action to continue. The printable sequence includes all 21 rows with space for your answer.

Name / project: _____

Fill the blank rows with your own examples.

Day	Theme	Writing prompt	My personal entry
1	Food	Which moment involving food would I like to notice today?	
2	A place	Which place mattered to me today, and why?	
3	Rest	Which moment of rest would I like to remember?	
4	A useful object	Which simple object was useful today?	
5	Nature	What in nature caught my attention today?	
6	An opportunity to learn	What opportunity to learn something appeared today?	
7	Free time	Which part of my free time felt valuable?	
8	An explanation	Whose explanation helped me understand something?	

Day	Theme	Writing prompt	My personal entry
9	Attention	What attention from another person would I like to notice?	
10	A shared task	What task did we do together today?	
11	Support	What support mattered to me?	
12	Honest feedback	What honest feedback helped me see something?	
13	A small favour	Which small favour from someone stayed with me?	
14	A chance to help	Where did I have a chance to help a little?	
15	A manageable action	What manageable step did I take today?	
16	Returning after a pause	How did I return to an activity after a pause?	
17	Noticing a boundary	What personal boundary did I notice today?	
18	Accepting help	What help was I able to accept?	
19	A useful choice	Which choice of mine proved useful?	
20	An unexpected opportunity	What unexpected opportunity appeared?	
21	Something to retain	What from this experience would I like to carry forward?	

Sources

- The Open University - Reflective learning
  https://help.open.ac.uk/strategic-study-techniques/reflective-learning
- UC Berkeley Greater Good in Action - Gratitude Journal
  https://ggia.berkeley.edu/practice/gratitude_journal

- APA Dictionary of Psychology - Self-reflection
  https://dictionary.apa.org/self-reflection
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  https://www.open.edu/openlearn/education-development/learning-how-learn/content-section-9.2
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  https://publications.hse.ru/chapters/751517696

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