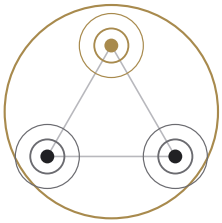
CELLULAR COHERENCE

7-Day Gratitude Journal



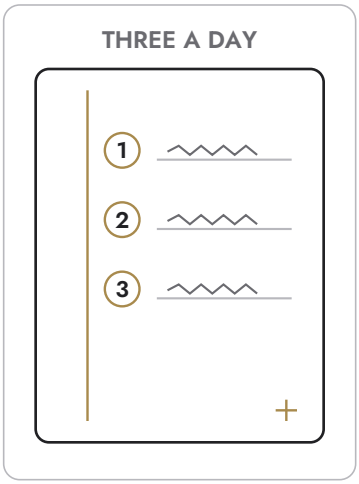
Three specific things a day, and a place to notice what happens.

What this is

This is a seven-day experiment you run on yourself. Each day you write down three specific things you appreciate, then notice how you feel. In some trials and pooled reviews, gratitude exercises were linked to small average improvements in wellbeing. The effects are modest, results vary from person to person, and gratitude has not been shown to beat other positive habits. This journal is a way to see what it does for you, with no pressure to feel any particular way.

The 7-day practice

1. Choose a regular moment, such as the evening, and set aside about five minutes.
2. Write three specific things you appreciate from today. Small and concrete is fine: "the first sip of hot coffee" rather than "coffee".
3. Optional: add a few words on why each one mattered, or who or what made it possible.
4. Optional: circle your mood before and after, from 1 (low) to 5 (good).
5. Read your three lines once, take a slow breath, and close the journal.



Safety and scope

Skip any prompt that feels hard. If this brings up pressure, guilt or sadness, stop or write something neutral, like a small comfort. Gratitude should never mean pretending things are fine. This is education, not medical advice, and not a substitute for mental health care. If you are struggling, please talk with a qualified health professional. In the US you can call or text 988 at any time.

How to log

- ☐ Write the date and your three things each day. Short phrases are fine.
- ☐ Mood before and after is optional. Circle a number from 1 (low) to 5 (good), or skip it.
- ☐ Missed a day? Leave it blank and carry on. There is no streak to protect.
- ☐ After day 7, use the reflection prompts and the evidence summary on page 4.

Your 7-day journal

Days 1 to 4

Day 1

Date _____ Three things I appreciate

1. _____
2. _____
3. _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 1 low, 5 good

Day 2

Date _____ Three things I appreciate

1. _____
2. _____
3. _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 1 low, 5 good

Day 3

Date _____ Three things I appreciate

1. _____
2. _____
3. _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 1 low, 5 good

Day 4

Date _____ Three things I appreciate

1. _____
2. _____
3. _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 1 low, 5 good

Your 7-day journal

Days 5 to 7, then a look back

Day 5

Date _____ Three things I appreciate

1. _____
2. _____
3. _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 1 low, 5 good

Day 6

Date _____ Three things I appreciate

1. _____
2. _____
3. _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 1 low, 5 good

Day 7

Date _____ Three things I appreciate

1. _____
2. _____
3. _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 1 low, 5 good

After seven days

Did anything shift between before and after, on most days? (Or nothing at all.)

What sort of things did I find myself noticing?

Would I keep going, maybe weekly or only sometimes? Yes / No / Maybe

Reflect, then check the evidence

Prompts for your notes, and what the research does and does not show.

Reflection prompts

Which of my three things surprised me, or came easiest?

Was any prompt hard or uncomfortable? What would I change next time?

Evidence at a glance

EMERGING	Pooled trials found small average gains on wellbeing scales, but the certainty of the evidence was rated low or very low and most trials had a high risk of bias. [1]
ESTABLISHED	The reviews that report effect sizes find small average effects, for example g = -0.29 for depression and anxiety symptoms, and results vary by study design. [1,2]
EMERGING	Benefits are larger against waitlist comparisons than against active ones, so expectation may play a part. One review judged gratitude's unique benefits "may be overemphasized". [2,3]
EMERGING	In early randomized student studies, gratitude lists were linked to better life ratings or more positive affect than hassle lists on some outcomes, not all. [4]
EMERGING	Clinicians interviewed (17, qualitative) said gratitude tasks can feel invalidating for people in acute distress. Opinion, not measured outcomes. [5]
SPECULATIVE	That gratitude beats other positive habits, that "specific" works better, or that daily beats weekly. One preliminary study found weekly helped and three times a week did not. [6]

Sources

[1] Diniz G, et al. The effects of gratitude interventions: a systematic review and meta-analysis. Einstein (Sao Paulo). 2023;21:eRW0371. doi:10.31744/einstein_journal/2023RW0371
[2] Cregg DR, Cheavens JS. Gratitude interventions: effective self-help? A meta-analysis of the impact on symptoms of depression and anxiety. J Happiness Stud. 2021;22:413-445.
[3] Dickens LR. Using gratitude to promote positive change: a series of meta-analyses. Basic Appl Soc Psych. 2017;39(4):193-208.
[4] Emmons RA, McCullough ME. Counting blessings versus burdens. J Pers Soc Psychol. 2003;84(2):377-389.
[5] Huston GE, et al. Understanding and optimising gratitude interventions. Psychol Health. 2024. doi:10.1080/08870446.2024.2336042
[6] Lyubomirsky S, Sheldon KM, Schkade D. Pursuing happiness: the architecture of sustainable change. Rev Gen Psychol. 2005;9(2):111-131.

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