



GOTTMAN *Gratitude Journal*

Starting a relationship gratitude journal can bring numerous benefits to your love life and overall wellbeing. This new habit can promote positivity, build resilience, and encourage mindfulness. It can help to highlight the importance of both everyday and big moments, and opens the door to more heartfelt conversations with your partner.

Ready to get started?

We've compiled a list of journal prompts spanning a wide variety of Gottman principles for you and your partner to reflect on.

HOW TO START YOUR GRATITUDE JOURNAL:

- 1. Get a new notebook or open up the notes app on your favorite device.**
- 2. Choose a prompt from the list below.**
- 3. Take your time writing your entries**
- 4. After you finish, share what you wrote with your spouse**

Small Things Often

Express gratitude for the small, everyday things your partner does that make your life better, even if they often go unnoticed.

- 1. Share something small or simple that brings you joy in your everyday life with your partner.**
Why are you grateful for this daily happiness?
- 2. Describe a spontaneous or unexpected act of love or affection from your partner.**
How did it brighten your day, and why are you grateful for it?
- 3. Write a little love note or message of gratitude to your partner.**
What specific qualities, actions, or moments do you want to acknowledge?
- 4. Reflect on a recent act of kindness from your partner.**
How did it make you feel, and what are you grateful for in that gesture?

Play & Adventure

Don't forget about play! Make time for fun and joy in your relationship to strengthen your friendship.

- 1. Recount an adventure or journey you've embarked on with your partner.**
What aspects of this shared experience are you grateful for?
- 2. If you keep getting caught up in the never-ending to-do lists or monotony of daily life, brainstorm a few ways you could set all of that aside for a day or an afternoon to have fun with your partner.**
What would you do together?
- 3. Write about a recent moment when you and your partner shared genuine laughter or experienced pure joy together.**
What about this moment are you grateful for?

Memorable Moments

Strengthen your bond and your love maps by reminiscing on past experiences together.



- 1. Describe a special moment or memory with your partner that you're thankful for.**
 - 2. Celebrate a milestone or accomplishment your partner achieved.**
How does their success make you feel, and what are you grateful for in their journey?
 - 3. Think back on your first date. What was your partner wearing? Did they seem nervous?**
Reflect on your thoughts and feelings in that moment.
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