Sunday reflection: my week in three good things

Week of: _____

1. Something from this week I'm glad happened

Why it happened, or who helped:

2. Something from this week I'm glad happened

Why it happened, or who helped:

3. Something from this week I'm glad happened

Why it happened, or who helped:

Something small I nearly missed

Someone I'd like to thank, and what I'd tell them

It's okay to write "nothing today".

https://dandelion-psychotherapy.com/resources/gratitude-journal-template
If things feel heavy: Tele-MANAS 14416 or 1-800-891-4416 (free, 24/7). Emergency: 112. Outside India: findahelpline.com. Numbers checked: November 2026.
© Yoshita Bhargava, trading as Dandelion Psychotherapy. CC BY-NC-SA 4.0, except where noted. The logo, the kawaii characters, the watercolour art and any third-party lists are not covered by this licence.

Gratitude prompts: pick one a week

1. What did someone do this week that made your day a little easier?
2. Which ordinary thing worked the way it was meant to?
3. What small comfort did you give yourself this week?
4. What made you laugh, even for a second?
5. Which place felt good to be in, and what was it about that place?
6. What did you learn this week, and who did you learn it from?
7. What do you have now that you once hoped for?
8. Who kept in touch, even with one message?
9. Which worry turned out smaller than you expected?
10. Which taste, smell or sound from this week would you like to remember?
11. What did you do this week that you would have been glad to hear about a year ago?
12. What help came your way without you having to ask?

Start a thank-you letter

Dear _____, I've been meaning to tell you that

https://dandelion-psychotherapy.com/resources/gratitude-journal-template

If things feel heavy: Tele-MANAS 14416 or 1-800-891-4416 (free, 24/7). Emergency: 112. Outside India: findahelpline.com. Numbers checked: November 2026.

© Yoshita Bhargava, trading as Dandelion Psychotherapy. CC BY-NC-SA 4.0, except where noted. The logo, the kawaii characters, the watercolour art and any third-party lists are not covered by this licence.