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**FNDN 102 Personal Application Assignment** | Gratitude Journal

**INTRODUCTION**It is so easy to go through life without stopping to be thankful and express gratitude for life’s blessings. The purpose of this assignment is to get in the habit of showing gratitude.

Current research suggests that gratitude can help in many areas of human flourishing such as:

***Psychologically:*** lowered negative states such as depression, social anxiety & stress (Kashdan and Breen 2007).

***Mentally:*** helping you savor the positive experiences you have which enhances your sense of flourishing and lowers effects of daily stress (Krejtz, et. al,. 2016).

***Spiritually:*** greater sense of thankfulness and connection to the transcendent

***Relationally*:** showing gratitude to others will strengthen your relationships with family, friends, bosses and co-workers (Bartlett & DeSteno, 2006).

***Physically & emotionally*:** doing a gratitude journal before bed can help you relax, reduce stress and fall asleep faster (Emmons & McCullough, 2003;).

**PART 1 | Gratitude Journal**In the next week, keep a gratitude journal **for five of those days**. For each day, write down in a weekly log sheet (attached below) at least 3-5 specific things for which you are thankful. Please note that these entries will be submitted with your reflection.

**PART 2 | Reflection**

Copy and paste your log for the Gratitude Journal as the first page (following your title page) and then write a one-page reflection on your experience. In that reflection, please answer the following questions (one new paragraph per question, approximately 1/3 page each):

1. Did you find practicing gratitude became more natural as time went on? Why or why not?
2. Did this practice have an impact on you? In what way(s)? What did you notice about your well-being as a result of writing in your journal?
3. Do you think you would like to continue this wellness practice? Why or why not? What would you tell someone else who might want to complete the same exercise?

**Formatting** Each reflection should be one page in length and APA format (typed, 12 point font size, New Roman Times font, double-spaced with one-inch margins). Please include a title page (there is a template on the Moodle site) and save your file as "First Name\_Last Name\_Gratitude-Journal." Submit in Word™ or .pdf format.

**Gratitude Journal Log (Five days)***You will copy and paste this log into the page before your one-page reflection.*

|  |  |
| --- | --- |
|  | **3-5 things you are thankful for [type in below]** |
| Monday |  |
| Tuesday |  |
| Wednesday |  |
| Thursday |  |
| Friday |  |
| Saturday |  |
| Sunday |  |

**MARKING RUBRIC**

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITY LOG** |  | **Value (10)** | **MARK (10)** |
| Log submitted (2) | 2 pts per required day for a total of 10 pts | 10 | 10 |
|  |  | **10** | **10** |
|  |  |  |  |
| **REFLECTION** |  | **Value (35)** | **MARK (35)** |
| Questions answered | (3x1pt each) | 3 | 3 |
| Length (full page) | 1 – less than half / 1.5 – three quarters / 2 - complete | 2 | 2 |
| 1. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 2. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 3. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
|  |  | **35** | **35** |
|  |  |  |  |
| **PROFESSIONALISM / FORMATTING** |  | **Value (5)** | **MARK(5)** |
| Title Page | 0 – not included / 1 – not APA complete / 2 – APA complete | 2 | 2 |
| Grammar / Formatting | 1 = 4+ errors / 2 = 2-3 errors / 3 = no errors | 3 | 3 |
|  |  | **5** | **5** |
|  |  |  |  |
|  |  | **50** | **50** |
|  |  | **5** | **5** |
|  | DEDUCTIONS (if applicable) |  |  |
| **COMMENTS** |  |  |  |
|  |  |  |  |

**RELATED READING**

Bartlett, M. Y., & DeSteno, D. (2006). Gratitude and Prosocial Behavior: Helping When It Costs You. Psychological Science, 17(4), 319–325. https://doi.org/10.1111/j.1467-9280.2006.01705.x

Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology, 84(2*), 377–389. doi:10.1037//0022-3514.84.2.377

Kashdan, T. B., & Breen, W. E., (2007). Materialism and Diminished Well–Being: Experiential Avoidance as a Mediating Mechanism. Journal of Social and Clinical Psychology: Vol. 26, No. 5, pp. 521-539. https://doi.org/10.1521/jscp.2007.26.5.521

Krejtz, I., Nezlek, J. B., Michnicka, A., Holas, P., & Rusanowska, M. (2014). Counting one’s blessings can reduce the impact of daily stress. Journal of Happiness Studies, 17, 25–39. doi:10.1007/s10902-014-9578-4