

GRATITUDE JOURNALING

Providing a space to record what you appreciate and why.

Use this simple Gratitude Journal to guide you to create a regular practice of gratitude. A regular practice doesn't have to be a daily practice, but if you want to establish a gratitude practice, do at least one daily for 3 weeks (preferably around the same time each day). After the 3 weeks, you will likely find your subconscious bringing up daily thoughts of gratitude.

THIS GRATITUDE PRACTICE

Thinking and remembering the strong positive feelings we have felt in the past with people, events, places and moments, bring the emotions back to us in the present. And thinking about what we have, to be thankful for in the present connects us to the present with positive emotions that can shift a moment of overthinking to one of gratitude.

An easy way to do this is to recall one thing in your life you are thankful for – it could be a person, a relationship, a pet, a moment, an event, a place, an item, a skill, a personal attribute. For this one thing, identify 3 reasons why you are grateful for it. For each reason, allow yourself to tap into your feelings and really feel your appreciation for that thing.

Following a regular gratitude practice by contemplating 3 things you are grateful for is a powerful way to become increasingly present. It is also one way shift yourself from negative energy or focus to a more positive way of feeling.

I am grateful for ...

because ...

1

2

3

I am grateful for ...

because ...

1

2

3

I am grateful for ...

because ...

1

2

3

I am grateful for ...

because ...

1

2

3

I am grateful for ...

because ...

1

2

3

I am grateful for ...

because ...

1

2

3

I am grateful for ...

because ...

1

2

3

I am grateful for ...

because ...

1

2

3

I am grateful for ...

because ...

1

2

3

I am grateful for ...

because ...

1

2

3

I am grateful for ...

because ...

1

2

3

I am grateful for ...

because ...

1

2

3

I am grateful for ...

because ...

1

2

3
