



Gratitude Journal

Purchase a small, pretty notebook or a composition book and a special pen, if you like. We have provided one for you that we thought you would like. As extra incentive and to make it more yours, write your goals on the first page. This will become your Gratitude Journal.

Choose a quiet place in which to write daily. Often times, this can be just before bed. Write at least 3 things you are grateful for or that occurred that day and explain why. When you wake up, read what you wrote the night before. It is a great way to begin and end your day.

Why have a Gratitude Journal?

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” - Melody Beady

A gratitude journal can be life changing, not only for your physical health, but for your spiritual and emotional health as well. There is no separation between physical and emotional health as one affects the other. Each night before you go to bed, as you write down those 3 or more things you are grateful for, you end the day on a positive note. The subconscious mind will be focused on those thoughts just as you fall asleep. As a result, you may find yourself becoming happier, healthier, more focused and finding creative solutions for your everyday challenges. The beauty of a gratitude journal is that you start to see results very quickly.

Some days as you write in your gratitude journal, the list will be filled with exciting and amazing events and other days may be tough, feeling there is nothing to be grateful for. For those days, focus on the basics like family, health, pets, etc. The point is to end the day on a positive note.

Include in your gratitude journal what your ideal life will be like in 6-12 months or 1-3 years from now. Write a very detailed, descriptive picture of what your desired life would look like in the near to distant future on the first page of your journal, along with your goals.

Focus on the positive and be grateful for everything. You will find that your grateful attitude will start spilling into your daily activities and become a part of you. That's when the magic happens! You will see your life transformed in all areas—health, relationship, finances, business, etc. The gratitude journal is one of the stepping stones to an abundant life. In 1-2 months, you may find your life has been transformed. Whatever you meditate on, you get back! The more you are grateful for, the more will be given to you. Isn't that awesome?

Your daily bedtime routine:

- Write 3-5 things/events that you are grateful for before going to bed
- Read the description of your ideal life 1-3 years from now upon rising and before going to bed
- Upon rising, read what you wrote the night before