Gratitude Journal

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Enjoy my friend, for your life is just beginning.

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Gratitude Journal

The act of giving thanks can transform the way you experience obstacles, conflict, and the world around you.

There are many scientifically proven benefits of gratitude:

- Improves your physical health
- Enhances your mental health and clarity
- Reduces your risk of depression
- Improves your self-esteem and confidence
- Boosts your quality of sleep
- Increases your sense of empathy
- Strengthens your relationships
- And much more…

Embracing gratitude is an important *daily* exercise that will help you grow in love, joy, and peace.

The best part?

You can enjoy the lasting benefits of thankfulness in just 3 minutes a day.

As you go through this journal, allow the gratitude prompts to guide your thoughts as you evaluate your day.

There's no need to share your answers with anyone, so I encourage you to keep your responses raw and honest.

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

- Melody Beattie

What do you love most about your life right now?

"Gratitude is the fairest blossom which springs from the soul."

- Henry Ward Beecher

Where is your favourite place to be and what makes it special?

What are you really passionate about? Why?

"The root of joy is gratefulness."

- David Steindl-Rast

What activities make you happy? Why?

What makes you feel excited about your future?

What luxury do you feel lucky to have access to?

"Gratitude is a powerful catalyst for happiness.

It's the spark that lights a fire of joy in your soul."

- Amy Collette

What was the most enjoyable thing that happened to you today?

What recent event wasn't enjoyable, but you found a silver lining to it?

Who is your best friend? Why? How do you feel when you're around them?

"Learn to be thankful for what you already have, while you pursue all that you want."

– Jim Rohn

Look out your window. What do you see that you feel thankful for?

Who do you feel thankful for at work? Why?

Make a list of the blessings in your life that you may have taken for granted.

"My day begins and ends with gratitude."

– Louise Hay

Think back to an event in your childhood that you can be grateful for today. Were you grateful for the event at the time?

Who was your best childhood friend? How did they make your life better?

What's your favourite holiday? How do you usually celebrate that holiday?

"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."

– Marcel Proust

Close your eyes. Take a deep breath. Listen to the sounds around you. What are you grateful for in this moment?

What has made you giggle today?

What are three things you love to do with your friends and family? Why?

Today, I am grateful for...

What do you love most about the person in your life that is closest to you?

How does nature make your life better?

How does your favourite music make you feel?

True forgiveness is when you can say, "Thank you for that experience."

- Oprah Winfrey

What activity do you find most relaxing?

What do you like most about your body?

What is your most unique characteristic? How can you show gratitude for your uniqueness?

"Gratitude is riches.
Complaint is poverty."

– Doris Day

What is the funniest thing that happened to you lately? How did that make you feel?

What part of your daily routines do you like the most? Why?

What do you enjoy most about the weekend?

"Love and gratitude can part seas, move mountains, and create miracles."

– Rhonda Byrne

What is the best thing that has happened to you in the last year? What made it so awesome?

Did you have anything to eat today? How can you show your gratitude for the food you ate?

What teacher or coach are you thankful for? Why?

"Now it's my time
to sparkle & shine!
I am a happy, little
bubble of sunshine"

– Your Inner Child

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