

Your Gratitude Journal~ *reaps and rewards*

- *Focus on what you are grateful for. It differs from journaling in a diary, etc. in that the negative stuff is left out such as problems, issues or areas of concern in your life. Stat strictly positive here.*
- *Decreases stress*
- *Elicits peace*
- *Relays a new mindset perspective that accentuates what you have verses what you don't have.*
- *Clarifies what really matters to you.*
- *Discover more about yourself.*
- *Allows for more vulnerability because it's just you with you.*
- *This can be a good place to refer back to when you're sad or overwhelmed.*
- *Calls for a mindful heart.*
- *Helps to make you feel more accomplished.*
- *Provides a way to interconnect with your soul (will, mind and emotions).*
- *Come up with at least 3 things that you are grateful for each day.*
- *Keep at your bedside so it's easy and convenient to write in it each night about the day. Or write in it first thing in the morning about the coming day.*
- *Set a reminder on your phone if necessary to be intentional about taking 15 minutes to write daily. Attach an emotion to writing in it, like it is a privilege you do for you. Honor that emotion.*

My Gratitude Journal

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

His love endures forever

In everything, give thanks

Give thanks with a grateful heart

Shout for joy for all the earth

In everything, give thanks
