

Gratitude Journal

A gratitude journal is a record of things that you personally appreciate or are thankful for in your life. It can include analysis of why you are grateful for particular things, why certain good things happen to you, or how you express gratitude towards others. Overall, it helps you look on the bright side of life. It is similar to a prayer journal, and can be used as an accompaniment to one, or as a substitute for one, if you wish. You can use what you're grateful for to inform your prayers of thanks, or you can pray for what you want to happen, and then express gratitude if your prayers come true. In essence, you are rewiring your brain to focus more on the positive aspects of your life and build up resilience against negative situations, also referred to as “counting your blessings”. Things you should remember while gratitude journaling is to enjoy the little things.

3 benefits of Gratitude Journal

- It helps you get your priorities straight- Keeping a record of things that you're truly grateful for helps you figure out what really matters to you, and what you should spend your time and energy on.
- It helps you correct your perspective when it's skewed- Keeping a gratitude journal can help you get through rough patches. By looking back on things that you've appreciated in the past (and likely are still thankful for), you can begin to see that things aren't as bad as they seem.
- It helps you be a more optimistic person- if you occasionally remind yourself of good things that you're thankful for, it will be easier to see the silver lining in many situations. And being more optimistic and happier can have several health benefits, such as less stress, better sleep patterns, more energy and focus – the list goes on and on!

Gratitude Journal

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Gratitude Journal

FRIDAY

SATURDAY

SUNDAY

MONDAY