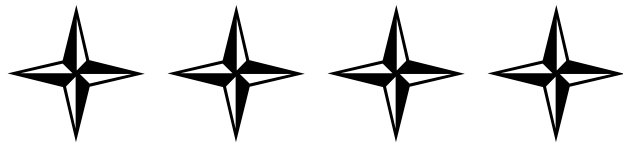


GRATITUDE JOURNAL



We have long heard about practicing gratitude and how it can help with someone's outlook and mental health. According to multiple studies, practicing gratitude regularly not only does all of the things we've been told, but it also actually changes the brain, re-wiring it to be happier. Some of the benefits reaped by participants in these studies included better sleep, more emotional support of loved ones, less anxiety, less depression and more.

How do you get started practicing gratitude? It's easy! The easiest of easy ways is probably a gratitude journal. Before you go to sleep at night or when you wake up in the morning, list (at least) three things you're grateful for. Try not to make it just a rote recitation; really put some effort in to it. Think about it: what are you really grateful for? You can even try to take things that may feel or seem negative and try to re-frame them to find something to be grateful for. For example, if it's been raining for three days, you could be grateful there's no drought. If it's 110 degrees outside, you could be grateful for sunshine. If you've been waiting for something that is taking longer than it should be, you could be grateful for patience. The way we talk about things to ourselves really matters a lot, and it's amazing how much of a difference little tweaks like this really do make.

The science may be new, but the premise is age-old and simple as can be: more you focus on the things that are going well in your life, the happier you will be.

Date:

Three things I'm grateful for today are:

Two ways I'm blessed are:

One thing I learned yesterday is:

I choose happiness today because:

Date:

Three things I'm grateful for today are:

Two ways I'm blessed are:

One thing I learned yesterday is:

I choose happiness today because:

Date:

Three things I'm grateful for today are:

Two ways I'm blessed are:

One thing I learned yesterday is:

I choose happiness today because:

Date:

Three things I'm grateful for today are:

Two ways I'm blessed are:

One thing I learned yesterday is:

I choose happiness today because:

Date:

Three things I'm grateful for today are:

Two ways I'm blessed are:

One thing I learned yesterday is:

I choose happiness today because:

Date:

Three things I'm grateful for today are:

Two ways I'm blessed are:

One thing I learned yesterday is:

I choose happiness today because:

Date:

Three things I'm grateful for today are:

Two ways I'm blessed are:

One thing I learned yesterday is:

I choose happiness today because:

Date:

Three things I'm grateful for today are:

Two ways I'm blessed are:

One thing I learned yesterday is:

I choose happiness today because:

Date:

Three things I'm grateful for today are:

Two ways I'm blessed are:

One thing I learned yesterday is:

I choose happiness today because:

Date:

Three things I'm grateful for today are:

Two ways I'm blessed are:

One thing I learned yesterday is:

I choose happiness today because: