## Gratitude Tournal

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#### Gratitude Journal

he 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 favorite place to be and what makes it special?



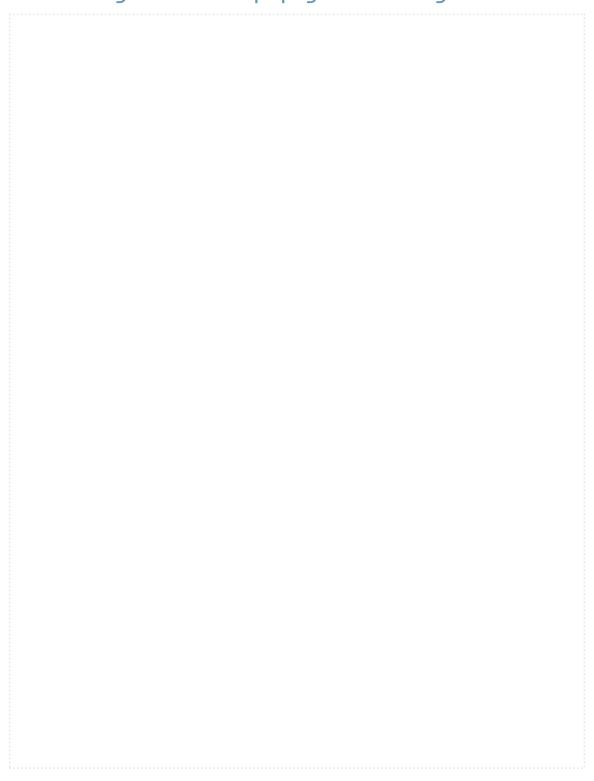
#### What are you really passionate about? Why?



"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?

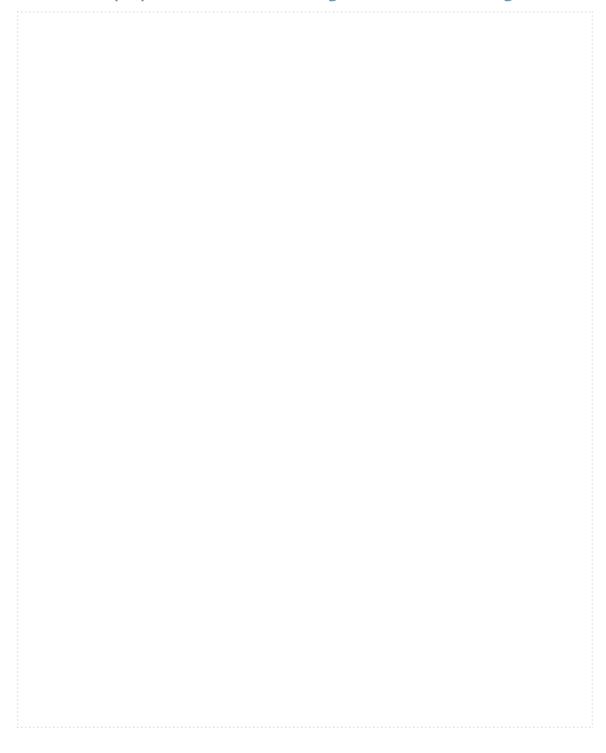


"Gratitude is a powerful catalyst for happiness.

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?



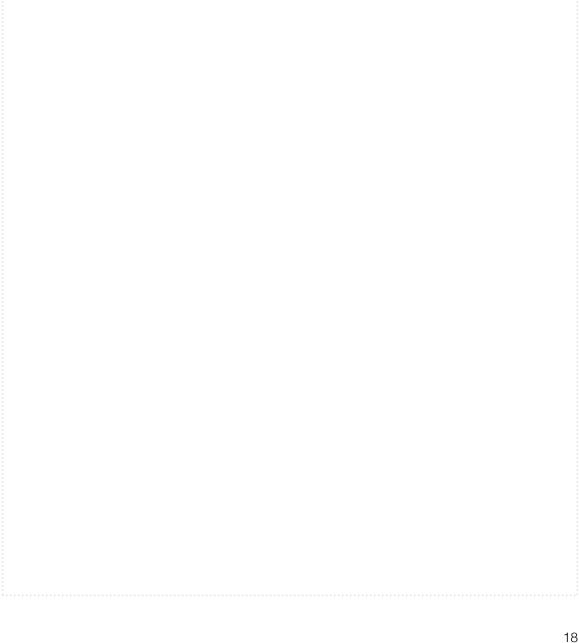
# What recent event wasn't enjoyable, but you found a silver lining to it?

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

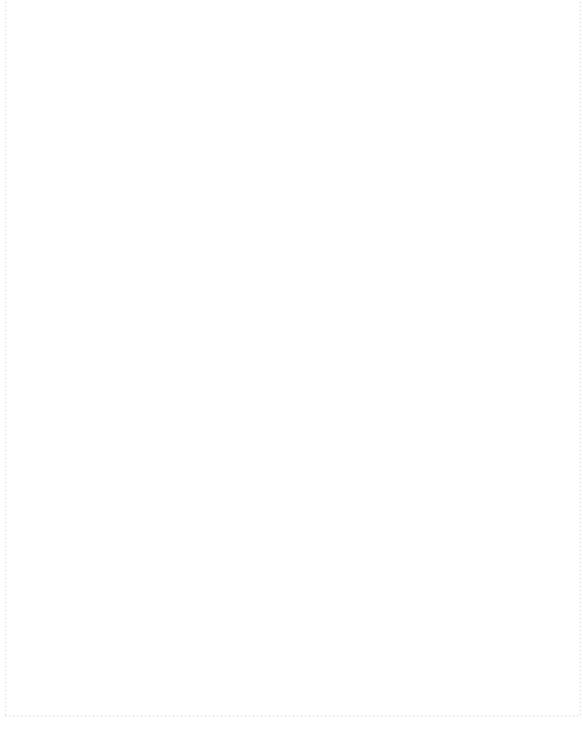
"Learn to be thankful for what you already have, while you pursue all that you want."

- 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?

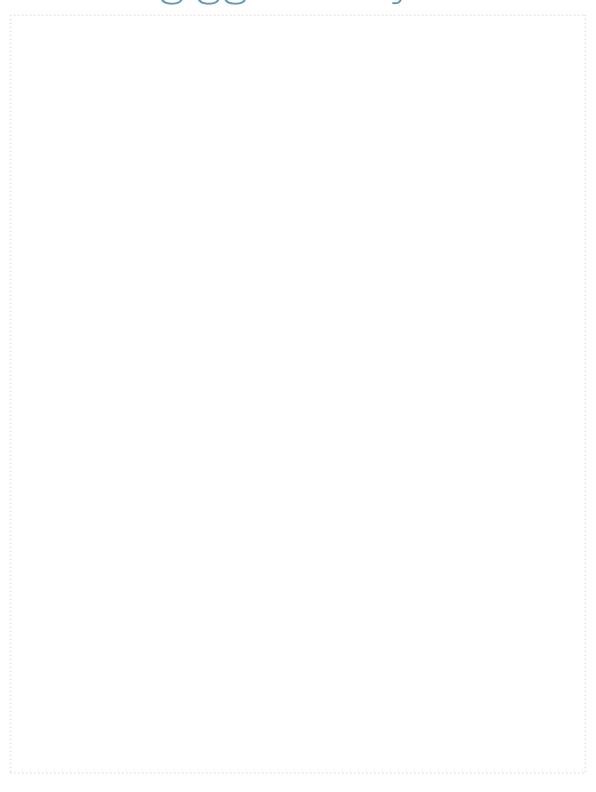
# What is your favorite holiday? Why? How do you usually celebrate that holiday?

"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?



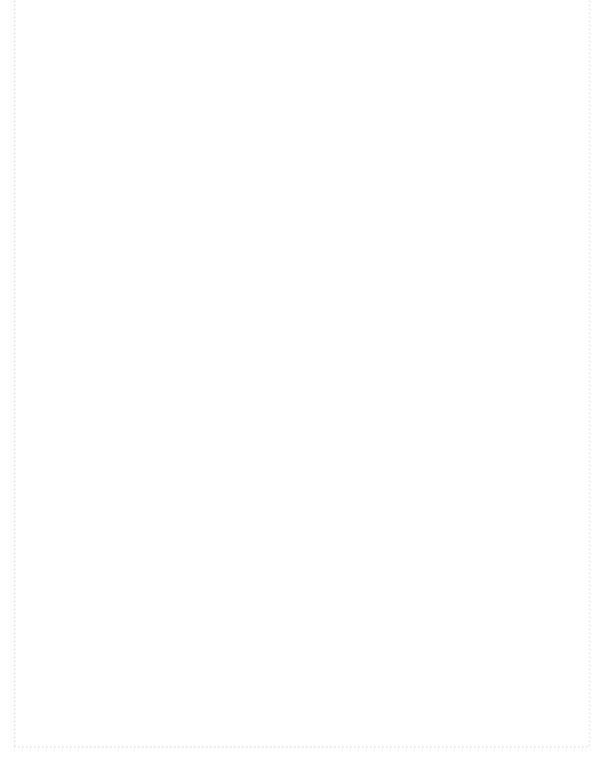
# What are three things you love to do with your friends and family? Why?

#### Today, Jam grateful for...

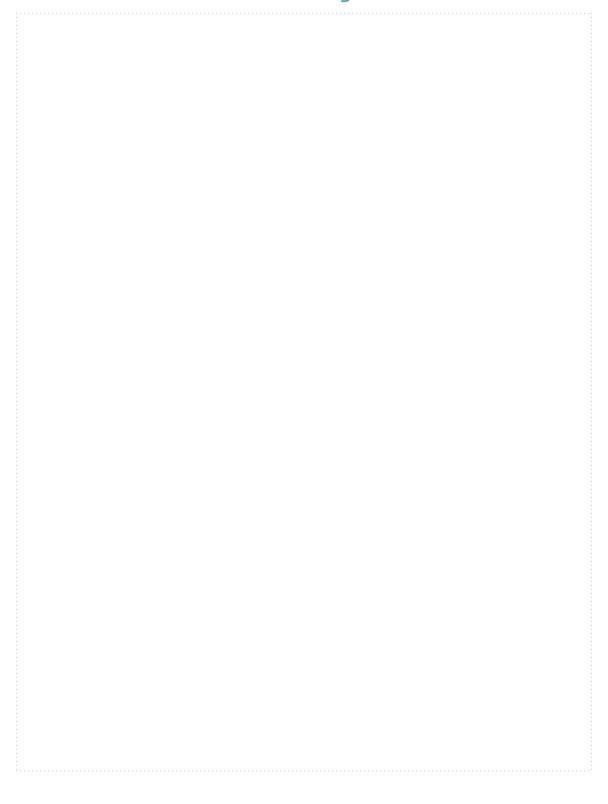
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# What do you love most about the person in your life that is closest to you?

#### How does nature make your life better?



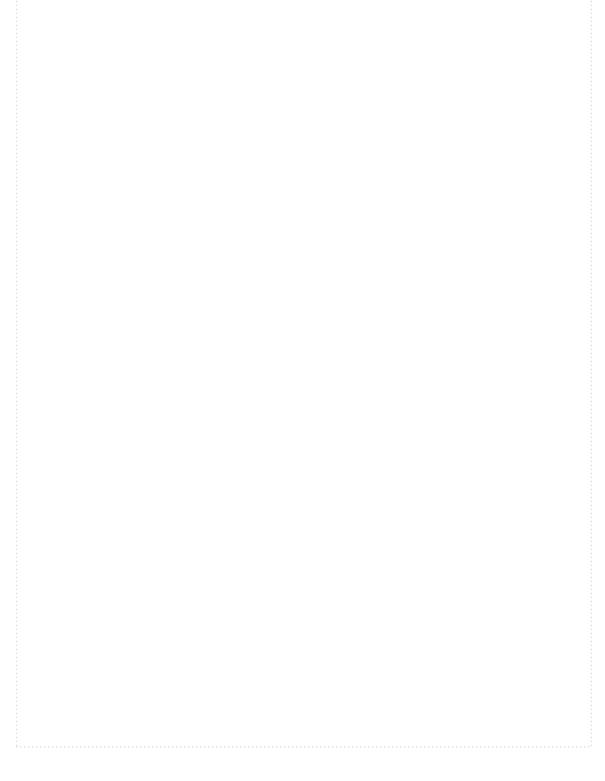
#### How does your favorite music make you feel?



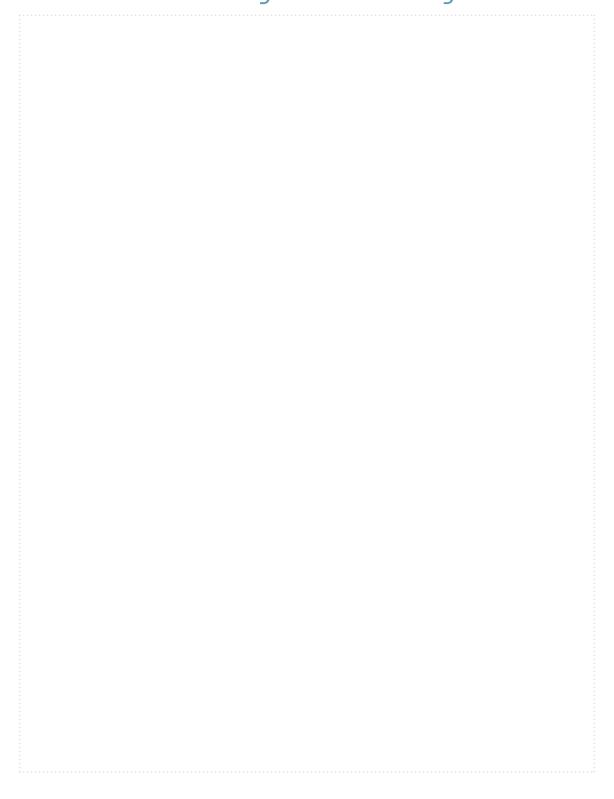
True forgiveness is when you can say, "Thank you for that experience."

- Oprah Winfrey

#### What activity do you find most relaxing?



#### What do you like most about your body?



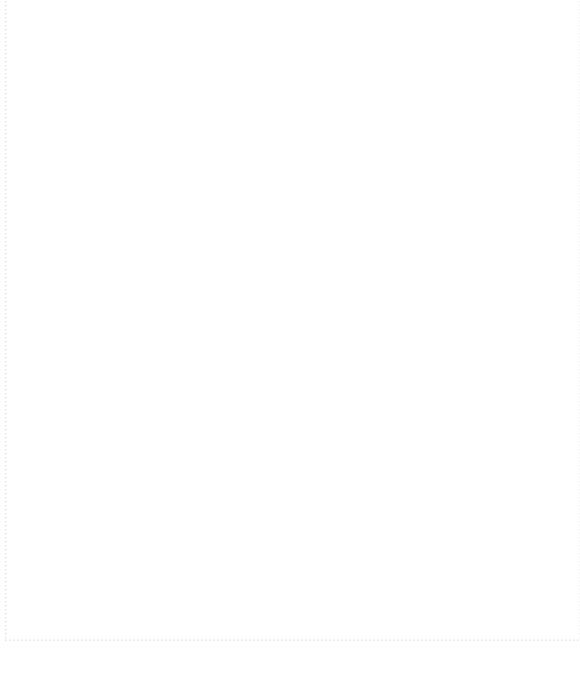
# What is your most unique characteristic? How can you show gratitude for your uniqueness?

"Gratitude is riches. Complaint is poverty."

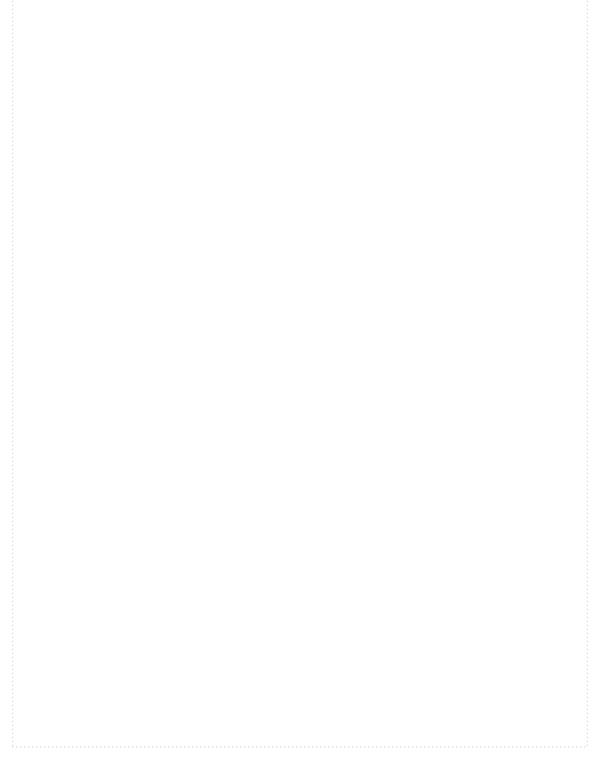
- Doris Day

## 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?

