

HOW AND WHY TO KEEP A GRATITUDE JOURNAL

4 KEYS TO A GREAT GRATITUDE JOURNAL



Choose a journal or notebook that is enjoyable to write in.



Choose a time that will work for you every day. Consistency is important!



Write at least 5 things you are grateful for and why. Be specific!



Write at least 3 things you are excited about for your day.

Keeping a gratitude journal can keep us in touch with our sense of interconnectedness. It can help us to cultivate joy, especially when faced with life's difficulties.

It may seem challenging at first, but keeping a gratitude journal will help to develop a greater sense of happiness and purpose in your life. It will also help to shift your focus from the negative to the positive.

Here are a few prompts to get you started:



What is different today from a year ago that you are grateful for?



What is one thing that you love about yourself/loved ones?



What talent or skill do you have that you're grateful for?



What is something you're grateful to have learned this week?

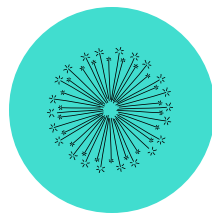
KEEPING A GRATITUDE JOURNAL HAS MANY BENEFITS:



increases happiness and reduces depression



improves sleep, self-esteem and mental stamina



enhances the ability to feel empathy for others



opens the door to new relationships and deepens existing ones

“Enjoy the little things, for one day you may look back and realize they were the big things.” —Robert Brault

