

A top-down view of a desk with a laptop, a smartphone, a pen, and tulips. The laptop is silver and occupies the bottom half of the frame. A gold smartphone is propped up on a pink envelope in the upper left. A pink pen lies diagonally across the center. A bouquet of pink tulips with green leaves is in the upper right. The background is a white marble surface.

# Gratitude Journal

**More Joy.  
Less Stress.**

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Gratitude is an emotion that comes from appreciation. It's an awareness, a thankfulness of the good things in your life, in you and in the world around you. Gratitude is a powerful thing. It can turn any negative into a positive. It can change how you feel inside. It can bring hope and happiness. It can improve your health, your relationships, your career and so much more. It can literally transform your life.

So often in today's society, the negative is sensationalized and the positive is ignored. You see it in the news, in magazines and newspapers. You hear it in the grocery store, at work and even from family and friends. All of this negativity can be overwhelming to the point of wearing a person down.

If you're feeding into the negativity. If you're focusing on the negative rather than the positive, you are doing yourself a serious disservice. You are harming your emotional wellbeing as well as your physical body. You could be straining your relationships, hurting your career and much more.

When you express gratitude, it diminishes the negativity in a powerful way. Studies show that practicing gratitude leads to:

- A feeling of optimism, joy and satisfaction.
- Less stress, anxiety and depression.
- A strengthened immune system.
- Lower blood pressure.
- The ability to bounce back quicker after a traumatic event.
- Stronger relationships.
- A feeling of being connected to your community.
- Feeling less victimized by others or by life.
- Being able to recognize and appreciate what you have rather than what you don't.
- You becoming more compassionate and empathetic.
- A better quality and more rewarding life.

Practicing gratitude changes your perspective on life.

## **Practicing Gratitude**

In order to change your perspective, you need to make practicing gratitude a habit. One of the easiest, and most effective ways to do this is to keep a journal of the things you are grateful for.

Whether you choose to journal in the morning, or at night, or both is up to you. Pick a quiet time and spend a few minutes thinking about, documenting and appreciating the positive things in your life.

Writing in your journal every day will ensure you stay focused on the positive so the negative can be washed away. Do it for a month, two months, six months or more. The longer you do it, the more ingrained it will become in your mind and the more your thoughts will shift.

At first, recognizing the positive aspects may feel awkward, but the more you look for it, the more you will find. There is beauty all around you. There is beauty within you. A smile, a sunset, a friend, a personal goal being met. These are all things you can be grateful for. Even if you only find one thing to be grateful for each day, that's okay. It's a start. As you journal, try to work up to three, five or even ten things a day when possible.

*There's Always Something to Be Thankful For*

The following pages can be printed as your first gratitude journal. It contains 10 prompts to get you started along with some quotes to keep you motivated. There is no right or wrong way to practice gratitude. The practice itself is where the power resides.

*There's Always Something to Be Thankful For*

*Think about a recent hardship. What positive aspect or opportunity came from it?*



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List five things you love about yourself and why.



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*Write about a time when you really felt appreciative of something or someone in your life.*



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Write about your favorite season.



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Think back to the past year or two. Write about some of the changes you've made and why you are grateful for them.



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Write about something you love doing and why you are grateful to be able to do it.



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List five positive aspects of your community and why you love them.



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Sunrise or Sunset? Which is your favorite and why?

There's Always Something to Be Thankful For



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*Write about how you felt the last time someone did a kind deed for you.*

*There's Always Something to Be Thankful For*



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*Write about something that makes you belly laugh.*

*There's Always Something to Be Thankful For*



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There's Always Something to Be Thankful For

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*“Saying thank you is more than good manners. It is good spirituality.”*

*There’s Always Something to Be Thankful For*

~ Alfred Painter



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There's Always Something to Be Thankful For

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There's Always Something to Be Thankful For



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There's Always Something to Be Thankful For

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There's Always Something to Be Thankful For

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*There's Always Something to Be Thankful For*

*“Gratitude turns what we have into enough.”*



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*There's Always Something to Be Thankful For*

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There's Always Something to Be Thankful For

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There's Always Something to Be Thankful For

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There's Always Something to Be Thankful For

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*There's Always Something to Be Thankful For*



*“God gave you a gift of 86,400 seconds today. Have you used one to say  
"thank you?" ~ William A. Ward*



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*There's Always Something to Be Thankful For*



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There's Always Something to Be Thankful For

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*“Silent gratitude isn't much use to anyone.” ~ Gertrude Stein*

*There's Always Something to Be Thankful For*



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There's Always Something to Be Thankful For



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*There's Always Something to Be Thankful For*

*“If the only prayer you said in your whole life was, “thank you,” that would suffice.” ~ Meister Eckhart*



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*There's Always Something to Be Thankful For*

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*“If you count all your assets, you always show a profit.” ~ Robert Quillen*

*There’s Always Something to Be Thankful For*



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*There's Always Something to Be Thankful For*

*“There are two kinds of gratitude – The sudden kind when we receive and the deeper kind when we give.”*



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*There's Always Something to Be Thankful For*

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There's Always Something to Be Thankful For



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*“The struggle ends when the gratitude begins.” ~ Neale Donald Walsch*

There’s Always Something to Be Thankful For



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*“Replace fear with gratitude, and the whole world changes.”*

*There’s Always Something to Be Thankful For*

~ Terri Guillemets



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*“Hem your blessings with thankfulness so they don't unravel.”*

*There's Always Something to Be Thankful For*



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***“Gratitude is the memory of the heart.” ~ Jean Baptiste Massieu***

*There’s Always Something to Be Thankful For*





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*There's Always Something to Be Thankful For*

*“Some people grumble that roses have thorns. I am grateful  
that thorns have roses.” ~ Alphonse Karr*



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There's Always Something to Be Thankful For

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There's Always Something to Be Thankful For

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*There's Always Something to Be Thankful For*

*“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” ~ John F. Kennedy*



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*There's Always Something to Be Thankful For*

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There's Always Something to Be Thankful For

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There's Always Something to Be Thankful For

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There's Always Something to Be Thankful For

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*“We make a living by what we get, but we make a life by what we give.”*

There’s Always Something to Be Thankful For

~ Winston Churchill “



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There's Always Something to Be Thankful For



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*“It is impossible to feel grateful and depressed in the same moment.”*

There’s Always Something to Be Thankful For

~ Naomi Williams



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There's Always Something to Be Thankful For

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There's Always Something to Be Thankful For



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*“Kindness is a language, which the deaf can hear and the blind can see.”*

*There’s Always Something to Be Thankful For*

~ Mark Twain



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*“Be thankful for what you have, you’ll end up having more.”*

*There’s Always Something to Be Thankful For*

~ Oprah Winfrey



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*There's Always Something to Be Thankful For*

*“If we magnify blessings as much as we magnify disappointments, we would all be much happier.” ~ John Wooden*



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*There's Always Something to Be Thankful For*