

Gratitude Journal

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

A **gratitude journal** is a **diary** of things for which one is **grateful**. **Gratitude journals** are used by individuals who wish to focus their attention on the positive things in their lives. **Gratitude**, the feeling of appreciation or thanks, has gained a lot of attention in the field of positive psychology.

Benefits of a Gratitude Journal

Here are a few benefits people have noticed when practicing gratitude journaling in particular:

- Gratitude is the best way to purify your mind and subconscious mind of purified mind will have better attracting power.
- Gratitude journaling, like many gratitude practices, can lower your **stress levels**.
- It can help you feel calmer, especially at night.
- Journaling can give you a new perspective on what is important to you and what you truly appreciate in your life.
- By noting what you are grateful for, you can gain clarity on what you want to have more of in your life, and what you can do without.
- Gratitude journaling can help you find out and focus on what really matters to you.
- Keeping a gratitude journal helps you learn more about yourself and become more self-aware.

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- This positive emotion will help you to keep more healthy and wealthy and your life will be filled with full of positive attitudes.
- Your gratitude journal is for your eyes only, so you can write anything you feel without worrying about judgment from others.
- On days when you feel blue, you can read through your gratitude journal to readjust your attitude and remember all the **good things in your life**.

Maintaining a Gratitude Journal

1. Plan to write in your gratitude journal every night for 15 minutes before bed. Set an alarm reminder on your phone or schedule it in your calendar. I've found that it is easier to write at night so that I can include things that I am grateful for from that day.
2. Keep your gratitude journal by your nightstand so you will see it before going to sleep and remember to jot down what you are thankful for. Your journal may even become a symbol of gratitude so that when you just look at it, you will feel a sense of appreciation.
3. Write as many things as you want in your gratitude journal. Writing down 5-10 things that you are grateful for each day is a good number to aim for.
4. Your gratitude journal doesn't have to be deep. What you are thankful for can be as simple as "family" or "the new book or movie I recently enjoyed" or "this morning's breakfast." What you are grateful for will differ from everyone else.
5. The timing of when you want to write is up to you. While I try to write in my gratitude journal every night, sometimes it becomes every other night. That's okay. Journal when it feels right for you — the benefits really are worth it.

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