Gratitude Journaling

I have found that journaling has been so beneficial to my mental/psychological health as well as spiritual health. Even in psychology, gratitude has found its usefulness. Grate is derived from the Latin word *gratus* meaning thankful or pleasing. “Thankful” stems from the term thoughtfulness or favorable thought. It is a mindful practice to place thankfulness for things, people, ect.. A lot of times it is easier to have gratitude towards someone when we have experienced the same or similar things and it seems like it could be easier to extend grace or forgiveness. My philosophy is that gratitude is the foundation for an abundant life. If you are constantly keeping yourself in a state of gratefulness, it is hard to be fearful or have a poverty mentality about your life and the resources in it. Looking at life through the lens of gratitude shifts your perspective of not only toward yourself but others and the world around you.

If you’ve never journaled or haven’t in a while there is no time like the present. If you have never journaled you might be thinking, “How do you do this”? I have found that Gratitude Journaling is an excellent and easier place to start.

So… Grab yourself a BLANK journal, one that appeals/stands out to you (a color or style you like) and let’s get started.

**Week 1-4** :

Start out by listing 3-5 things everyday that make you the most grateful. Then take one of those things and write in detail about it.

**Week 4-8:**

Repeat the same as week 1-4 but now add: Think about someone in particular you are grateful for and write down all the positive things that come to mind about that person.

**Week 8-12:**

Rinse and repeat weeks 1-8 but now add: Write down all of the positive things (traits, characteristics, thoughts, etc…) that you are grateful about yourself.

**\*NOTE:** Take notice how you feel after each journaling session everyday. Be sure to write those feeling down and any other thoughts as well.

**After 12 weeks:** take what I call a “mindfulness inventory”. Look back through your journal and look for patterns.

This exercise allows you to have a visual log of your mindful practices and that is exactly what gratitude is, a mindful practice. Take this time to look back and see what you focus your mind, energy and attitude towards. This will allow you to make positive changes in your perspective in these areas. It is thought even in psychology that grateful people tend to be happy people and who doesn’t want to be happy, right?! LOL Put this to the test and see how your thoughts, feelings and perspective changes. You can start this practice over anytime. It is a wonderful reset if you are feeling down, lost, out of control, etc… Use this tool to help propel you to a more mindful, fulfilled, happy and ultimately grateful life.

Embrace Your Journey!

Much Love