

GRATITUDE JOURNALING

in a nutshell





I don't have to chase extraordinary moments to find happiness.

It's right in front of me if I'm paying attention and practising gratitude.

~ Brené Brown

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Gratitude journaling is one of the easiest ways to become more conscious of all the good things in your life.

Through Gratitude journaling we start reflecting on many of the things we take for granted:

- Mundane or ordinary events that we otherwise rarely even notice (running water! Sunshine and how that made us feel ... The loving company of a pet... flowers in the garden.)
- The things you did well and that make you feel happy and satisfied (being patient with the pushy sales person, choosing self-care and quiet time when overwhelmed... making the neighbours' kids laugh...)
- Kind people we meet (the stranger who showed you where the nearest parking was, the friendly cashier, the person down the road that commented on your beautiful garden)

THE BENEFITS OF GRATITUDE JOURNALING

From studies by Robert A Emmons Ph. D. , the worlds' leading expert on gratitude, we know that people who keep gratitude journals on a regular basis:

- Report fewer illness symptoms
- Feel better about their lives as a whole
- Are more optimistic about the future
- Experience higher levels of positive emotions such as joy, enthusiasm, love, happiness
- Are able to cope better with everyday stress, are more resilient in difficult times, recover more quickly from illness and are generally healthier
- Have increased feelings of connectedness, and better relationships, and are more altruistic

And the effects are not only noticeable to the person keeping the journal, in the studies friends & family around them consistently report that gratitude journalers are happier and more pleasant to be around...

All of this from a simple daily practice of reflecting on a what you have to be grateful for, and the research shows effects are already noticeable after 3 weeks!

WHY WRITE THINGS DOWN?

WHY JOURNALING?

When writing things down, you translate your thoughts into words. This process helps you to organize your thoughts, put things in context and integrate your experiences. It helps you see meaning in your life's experiences.



STARTING YOUR GRATITUDE JOURNAL

1. You need a (small) journal or notebook. You don't need anything special for this, a simple notebook will do to start.
2. Spend about 5-10 minutes every day, reflecting on the things you have to be grateful for.
3. It doesn't matter if you do this in the morning or in the evening, the important thing is to do it in the same moment every day, so you create a new habit.
4. You can do this every day, but doing it every other day is fine too. As long as you establish a regular habit you will help yourself in shifting your awareness to the huge amount of gifts and beautiful things in your life.

Some tips:

- Try to be specific and give some details for each entry
- Think about surprises and unexpected things that happened
- Remember all the good things we take for granted that are actually so very wonderful



It takes only 30 days to establish a new habit! You can use the Gratitude habit Tracker that helps you tick off 30 days of gratitude journaling to establish a new habit. You can download it here:

DOWNLOAD THE
GRATITUDE HABIT TRACKER

