

Introduction

Most of us were taught as children to say “thank you” when we received gifts. We also expressed thanks for food and comforts when we celebrated Thanksgiving with family and friends once a year.

Researchers have discovered that expressing gratitude not just occasionally, but daily, improves our health, promotes better sleep, and strengthens relationships, among many other benefits.

It is still appropriate to say “thank you” in person or cards, but writing down the many things you are grateful for each day results in remarkable results. To get the greatest benefit from this journal:

- Reflect on specific things you are grateful for each day.
- Instead of just listing general things like food, for example, list the person who let you get in front of them in the grocery line.
- Consider listing five reasons you are grateful for just one thing.
- Make writing in your journal a habit by making it part of your routine.
- Look for things you are grateful for as you go about your day, such as the beautiful trees and plants you see along your walk.
- Avoid overthinking your entries. In the first section, “My Musings,” feel free to brainstorm or write thoughts as they come. In the second section, “Things I’m Grateful for Today,” list specific things that have come to mind.
- Modify your use of this journal as it suits your style.
- Reflect on the quotes at the top of the first page of each month.
- Enjoy coloring the images at the bottom of the first page of each month.

I, _____, commit to appreciating
(your name)

the many small and large things in my life by each day reflecting on them and writing about them in my gratitude journal.



“Do not spoil what you have by desiring
what you have not; remember that what
you now have was once among the things
you only hoped for.”

~ Epicurus

