

My *Gratitude*
Journal



MBA

Welcome to the MBA Gratitude Journal

In these pages, we explain what gratitude is and how bringing more gratitude into your life consistently can improve your life in so many ways for the good of all.

Gratitude is an emotion

Gratitude is an emotion. It's how you feel when you're thankful for something. Think right now about something you're grateful for. It can be something small like the socks on your feet, or it can be more significant like the roof over your head, your job, your family, or your life.

Gratitude is also an awareness or recognition. When you express or feel gratitude, you're acknowledging that there is good in your life, in you, in the world, and all around you.

Feeling grateful changes how you feel inside.

Many in society seem to focus on the negative

It's easy to let the negative thoughts, words, situations, events, and actions in the world take over your heart and mind. Many in society seem to focus on the negative. It's on the news, in magazines and newspapers, and it may be the general tone of the conversations you encounter during the day.

The simple emotion and expression of gratitude powerfully diminishes all of that negativity.

Over past decades many disciplines have conducted studies on the impact of gratitude.

People who practice gratitude have found

What they've found is nothing short of amazing. People who practice gratitude have found:

- They're happier, and it increases feelings of optimism, joy, and satisfaction.
- They have less anxiety and depression.
- It's good for your health. Studies have shown that a gratitude practice strengthens your immune system, lowers blood pressure, and reduces symptoms of illness.
- Practicing gratitude can help you get more sleep.
- Recover more quickly from challenges and even from traumatic events.
- Have more vital, more loving relationships.
- Build stronger connections. People feel more connected to their community.

When you have gratitude in your life

Gratitude changes your perspective on the life you've been given. When you have gratitude in your life you:

Start each day with a grateful heart.

- Feel less victimized by others or by life. Blaming no longer exists. Rather than look at what you lost or what you don't have, you're able to reframe situations and move forward focusing on what you can do and what you have.
- Have a more open heart. Gratitude helps you become more compassionate and empathetic. You'll be able to connect with people even if you don't think you have much in common with them. It's a more rewarding way to live.
- Glass half full approach. With gratitude you'll be able to recognize and appreciate what you have rather than what you don't. As you begin to become aware of what is good and positive in your life, what is good and positive will grow.
- Attract more gratitude and happiness. It's often found that people attract experiences and people based on what they expect. If you focus on and expect good things to happen, more good can show up.

Research shows that when you practice gratitude you are more likely to have a better quality of life. To experience this for yourself, check out below how you can fully embrace gratitude in your life.

How Do You Practice Gratitude?

The concept of practicing gratitude begins by creating a habit. For most people, the simplest habit, and the most effective one, is to create a gratitude journal. A gratitude journal is a process of writing down what you're grateful for during the day.

Many people journal in the morning, or at night, or both as they are quiet times. You can keep the journal right next to your bedside. First thing when you wake in the morning, you journal about gratitude or last thing before you go to sleep at night.

Now you can, of course, journal whenever it feels right for you. For example, you might find that journaling in the middle of the day, at lunchtime, helps you have a more positive afternoon and evening.

They handwrite what they're grateful for

Also, many people journal on paper. They handwrite what they're grateful for. The process of writing it down, as opposed to dictating your gratitude or typing it on to your computer or mobile device, seems to have a stronger impact on your brain and mindset. The act of writing seems to wire your brain differently and create a connection between your thoughts and the words on the page.

Does this mean that you can't or shouldn't create a digital journal? Absolutely not. If dictating your gratitude or typing it works for you then by all means do that. There are no rules for a gratitude journal.

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The goal is to shift how you think

Why journal? Why not just set aside a few minutes each day to think about what you're grateful for? Journaling is the first step to creating a gratitude mindset. After all, the goal isn't to be grateful for a few minutes each day. The goal is to shift how you think so that gratitude is your natural reaction and thought process.

Journaling helps you create a daily habit. You'll think about gratitude once or twice a day for one month, two months, six months or more. The longer you do it, the more it becomes ingrained in your mind.

Once gratitude becomes a part of your daily routine, your thoughts begin to shift. Keep at it, continue journaling, and those changes become even more entrenched. Will you shift back to a negative mindset if you stop journaling? It can happen. If you're aware, and this does happen, all you have to do is resume your commitment to a gratitude journal.

What Do You Need to Start a Gratitude Journal?

There are a few considerations to start your gratitude journal. Not all of them are necessary requirements. However, it's a good idea to have some sort of plan in place. It will make your gratitude practice easier and more successful.

Be patient with yourself and with the process

Gratitude takes practice. Being grateful and shifting your mindset, thoughts, and beliefs isn't an overnight process. It'd be wonderful if you could go to bed one night with the burdens of the world on your shoulders and awake the next day feeling light as a feather with no cares in the world.

That doesn't generally happen. Instead, you'll notice a gradual shift over time. You'll feel yourself being lighter, more appreciative, and happier. It's call a gratitude practice for a reason...Gratitude, takes practice. Be patient with yourself and with the process.

Make it part of your daily routine

We've already mentioned a few different options for daily journaling. We mentioned journaling in the morning or at night, or both. We also discussed a lunchtime habit. What matters more than when you journal, is that you journal when you can make it part of your daily routine.

Maybe you journal in the morning with a cup of coffee. Maybe your journal at night after you get ready for bed but before you close your eyes. For it to become a habit, you have to incorporate it into your daily life at the same time every day. Make it part of your day.

Document your gratitude

What are you going to use to journal? Are you going to use a mobile application? Are you going to use a notebook? There are some truly beautiful notebooks. You can find them leather bound for a rustic look or shiny for the fashionista.

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You can find composition books with patterned covers or character covers. You might also want a pen or pencil that makes you smile and feel grateful. **And of course, you can begin by printing out this book and using the space provided to document your gratitude.**

Quiet time will help you find your answers

The time you spend journaling your gratitude should ideally be uninterrupted time. It should be free from distractions including people, text messages, and phone calls. This time allows you to reflect on the day as well as your thoughts and feelings. And if you're using a gratitude prompt, then the quiet time will help you find your answer. Before we get started, let's take a quick look at where you can find gratitude because sometimes it can be difficult to tap into this powerful feeling.

Where Do You Find Gratitude?

Finding gratitude can feel challenging. On the first day of your practice you may find yourself sitting at your desk just staring at an empty page. The day was lousy, you're exhausted, and maybe the gratitude practice just isn't for you.

Conversely, you may find yourself staring at a blank page on day 28. You've run out of things to be grateful for. You have nothing else to write down. You feel like you've hit all the biggies and now you're thinking about writing down that you're grateful for push-pins and dust bunnies.

Well, it's okay to be grateful for push-pins and dust bunnies. There are no rules. Just like there's nothing too small or too big to be grateful for.

Let's also say that if you take the time to look around you, to reflect on yourself, your life, your day, and your surroundings, you'll never run out of things to be grateful for. So let's start with a list of 25 ideas on where to find gratitude.

1. Music.
2. Animals.
3. Nature.
4. Your body; your health and what your body is capable of.
5. Stories; books, movies, plays and more.
6. Religion
7. Mediation.
8. Art.
9. Textures.
10. People.
11. Food

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12. Experiences
13. Activities
14. Dance.
15. Friends.
16. Family.
17. Personal attributes
18. Quotes.
19. Hobbies.
20. Beliefs
21. Situations or events
22. Material items
23. Conveniences
24. In your home
25. At work.

Strive to be consistent

Think about each of these items individually. When you're struggling to find something to be grateful for, you now have 25 categories to choose from. In fact, once you've worked through the gratitude prompts and tips, you can then start working from this list.

Finally, before you dive into the gratitude journal, please keep in mind that you don't have to write down hundreds of things you're grateful for each day.

Strive for somewhere between three and ten. Consider being consistent.

For example, you might decide to write down five things each day that you're grateful for. This consistency simply adds some structure to your gratitude journal and makes it a bit easier to get started.

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Your Next Step

The practice itself is where the power resides

The following pages can be printed out as your first gratitude journal. It contains tips, quotes, and gratitude prompts to get you started. You can work through them day by day or skip around. There is no right or wrong way to practice gratitude. The practice itself is where the power resides.

Wishing you every success with your Gratitude Journal.

May it bring you all you dream of and be of service to you for the rest of your life. Finding and understanding the power of gratitude has been an important stage in my life.

MBA



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100
Things I'm
Grateful For



2021/2022



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"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 series of horizontal dotted lines spanning the width of the page, intended for writing a response to the quote.

Start each day with a grateful heart.

I take one minute in the morning to get a good start to my day by finding three small or big things I am grateful for.



A series of 20 horizontal dotted lines for writing.

Start each day with a grateful heart.

10 things I'm grateful for today



A series of 10 horizontal dotted lines, evenly spaced, intended for writing the 10 things the user is grateful for.

Start each day with a grateful heart.

Five people who made me smile today
(friends, family or even strangers)



A series of horizontal dotted lines providing space for writing.

Start each day with a grateful heart.

The best part of today was...



A series of 20 horizontal dotted lines for writing.

Start each day with a grateful heart.

What I love about my home



A series of 20 horizontal dotted lines for writing.

Start each day with a grateful heart.

These are my favorite foods



A series of 20 horizontal dotted lines for writing.

Start each day with a grateful heart.

I'm grateful for my friends because...



A series of horizontal dotted lines for writing, spanning the width of the page.

Start each day with a grateful heart.

"Appreciation can change a day, even change a life.

I'm grateful for my vision because today I saw....



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Start each day with a grateful heart.

What I love about my face



A series of horizontal dotted lines for writing.

Start each day with a grateful heart.

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"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."

Ralph Waldo Emerson



"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

Oprah Winfrey



Start each day with a grateful heart.

When you find yourself in a bad situation ask: What can I learn? When I look back on this, without emotion, what will I be grateful for?

"Acknowledging the good that you already have in your life is the foundation for all abundance."

Eckhart Tolle



"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend."

Melody Beattie



Don't just keep your gratitude on the inside. Express it. Tell people what you're grateful for. Continue to keep a gratitude journal. Share your thoughts and stay positive.



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