



YOUR GUIDE TO

*Gratitude
Journaling*



Gratitude Journaling

“Gratitude is a feeling. So the ultimate aim in practicing gratitude is to deliberately feel it as much as you can.”

- Rhonda Byrne



Put simply, gratitude journaling is when you take time out of the day to check in with yourself and make a note of the things you're thankful for. By writing your blessings down, you're actively thinking about things that make you happy that you might have otherwise taken for granted.

Don't just write your blessings down and expect to unleash the power of gratitude, though. As Rhonda Byrne says, you need to really feel them. By appreciating what you have in life to the fullest extent, you can begin to attract more.

As gratitude journaling has grown in popularity, so too has the number of ways in which you can do it. There are plenty of prompts, questions, and unique exercises that will get you thinking about what you're thankful for in new ways.



Gratitude Journal Benefits

“Gratitude is not only the greatest of virtues but the parent of all others.”

- Marcus Tullius Cicero



Expressing gratitude has innumerable benefits. You may experience any or all of the following:

- **Increased happiness** - It empowers you to enjoy what you have, rather than dwell on what you lack.
- **Increased mindfulness** - Gratitude allows you to be more appreciative of the present moment.
- **Elevated self-awareness** - It helps you understand how your thoughts, beliefs and emotions shape your reality.
- **Organized and clear mind** - Gratitude boosts clarity and helps you understand your emotions better.
- **Heightened compassion** - It encourages you to show others how much they mean to you.
- **Increased optimism** - When you're thankful for what you have, you start to see things as if the glass were half-full.
- **Less irritable** - Gratitude teaches you to accept things that are out of your control and focus on what you can change instead.
- **Increased self-love** - After going through tons of things you're grateful for, you begin to realize how amazing you actually are!
- **Improved sleep** - Drifting off is a lot easier when your mind is calm and positive, rather than stressed or overthinking.



How to Practice Gratitude Journaling

**“If we got sick, at least we didn’t die;
so, let us all be thankful.”**

- Buddha



Preparation

First thing’s first, you’ll need a journal. In a pinch, you can text yourself your gratitude list, but it does help to have a special notebook for this exact purpose.

Secondly, grab yourself a pen. Choose your favorite color and ensure it writes smoothly so even the simple act of jotting down your list makes you feel good.

Finally, set a time to do it every day. Everybody’s different so you can choose whatever works best for you, but set a reminder so that you don’t forget.



What to do

- **Write your list**
Choose several things that you’re grateful for and jot them down.
- **Get specific**
Always ask yourself why you’re grateful for this thing. At the end of each item on your list, write “because” and give your reason.
- **Vary your list**
Try to make each entry unique. It’s good practice to be thankful for a wide spectrum of things rather than narrowing your focus.
- **Direct your gratitude**
To avoid feeling silly writing to yourself, imagine you’re actively thanking somebody or something. By envisioning a reciprocant, you give yourself more direction.
- **Set an intention**
At the end of your journal entry, write at least one thing you intend to achieve today. It could be something small or large, but just take this time to focus on making it happen.

When gratitude journaling, remember that the more and the deeper the gratitude, the better. A little gratitude can cause a little change, but a lot of gratitude can cause monumental changes.



Gratitude Journal Ideas

“When you arise in the morning, think of what a privilege it is to be alive, to think, to enjoy, to love.”

- Marcus Aurelius

You may sit down to write and not be able to think of anything you're grateful for. This could be because you're in a bad mood, but there is always a reason to give thanks.

Take a peek at the following list and use it as inspiration for gratitude journal ideas if you're feeling low.



Relationships



Love



Physical health



Emotional health



Work and career



Passions



Hobbies



Material goods



Survival necessities (drinkable water, fresh air, food)



Nature (sunlight, stars, trees and natural beauty)



Things that made you laugh



Surprises



Entertainment (books, TV, films, games etc)



How to Turn Journaling Into a Habit

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”

– Epictetus

People who practice gratitude as a habit tend to fall into one of two categories: the early risers or the night owls. Both are good examples for how you can turn gratitude into a habit.



Practicing gratitude in the morning

- You start the day in a good mood
- You can set intentions for the day
- You will feel more productive



Practicing gratitude at night

- You end the day with a smile
- It improves sleep
- You'll wake up feeling energized

If you really wanted to, you could do both!

Some people find list-making to be tedious though. They lose motivation quickly and stop altogether because it doesn't stimulate them enough. If that's the case, then remember, the only limitations are the ones you set yourself.



There are countless ways to practice gratitude without having to be so repetitive. For some of them, you don't even need to write. Take a look at some of these methods if you want to shake things up a bit.

- **Delve deep into one thing**
Instead of writing a list of many things, try going deeper into one specific thing that you're grateful for. You could write an essay, a story or even paint a picture.
- **Choose a different topic every day**
This is a great way to freshen up your practice if you feel like it's a struggle to come up with ideas.
- **Keep a gratitude stone**
Keep a smooth tumbled stone nearby that will remind you to be grateful throughout the day. Every time you see it, think of something you're thankful for.
- **Create a vision board**
To manifest your goals, be grateful for things that you don't have yet. Choose pictures of your dream home, car, and life and show gratitude for what will be.
- **The magic check technique**
Made famous by The Secret, get a blank check and write in the amount you wish to receive or earn, as well as the date and signature. Imagine how you would feel receiving that sum of money.



Journal Often and Have Fun

“Gratitude is the memory of the heart.”

- Jean Baptiste Massieu



The most important part of practicing gratitude is that you do it.

Don't wait for tomorrow to start. Employ everything you've learned and jump straight in. Soon you will feel a difference that everyday gratitude brings into your life.





Your Guide to Gratitude Journaling

For a more detailed look into successful Gratitude Journaling, check out our blog post:

Gratitude Journaling: Benefits, Inspiration & How to Make it Stick

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