



## Reasons Why You Should Keep a Gratitude Journal

Spending just fifteen minutes a day writing in your gratitude journal can do amazing things in your life! Scientific studies have shown that consistently showing gratitude makes people happier and healthier. One of the best ways to cultivate gratitude is to keep a journal. Here's a short list of how a gratitude journal can change your life for the better:

### **Achievement**

A gratitude journal will help you note those simple things you achieve. You'll also be aware of big and little things in life that you must be thankful for by recording them in your journal.

### **Happiness**

A gratitude journal makes you happy by focusing on the good things in your daily life. Once you start a gratitude journal, you are “on the lookout” for good things—both big and small. Imagine what your life would be like if you focused on the positive instead of the negative!

### **Good Health**

Dis-ease is negative energy stored up from your negative beliefs and memories. You can quickly counteract dis-ease by focusing on the good in your life rather than the bad.

## **Earn More Respect**

Keeping a gratitude journal helps you understand your values. It helps you approach things more systematically, thereby improving your level of respect and confidence among friends and colleagues.

## **Relationships**

Keeping a gratitude journal improves your relationships with others by helping you find things to appreciate about them. It's easy to find fault, but your relationships will grow once you start showing appreciation for the people in your life.

## **Enhance Sleeping**

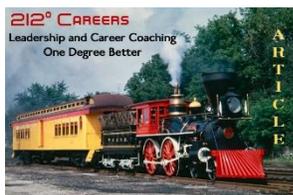
People who keep gratitude journals tend to sleep better because reflecting on their day before bed often helps them feel calmer.

## **Less Stress**

Whether living in a stressful situation or just thinking back to one, your body doesn't know the difference. It will still fire off all those stress hormones and create the same physical, mental, and emotional tension, whether or not the event is happening. By focusing on the positive, you avoid the stress reaction.

## **Resiliency**

You can think of gratitude as a mental and emotional muscle you can build with daily exercise. If stuff goes wrong in life and your gratitude muscle weakens, you'll struggle to find a silver lining in those storm clouds. But if you already have an excellent daily gratitude habit, your gratitude muscle will be resilient and well-trained, meaning life's challenges don't knock you off course as much.



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