



## 5 Ideas of What to Include in a Gratitude Journal

There are many reasons to keep a Gratitude Journal. Whether you're on a healing journey or want to add thankfulness to your day to live a freer, more contented life, writing down your thoughts is a powerful tool. This is why Gratitude Journals are so popular.

If you've ever wanted to get started writing a Gratitude Journal but are stuck for ideas of what to write about, try these ideas out. You'll have plenty to write about in no time!

### **Enjoy the Details**

It's easy to write about how much you're thankful for your home or best friend. The problem? You'll quickly run out of material or be stuck repeating yourself if you list the same people daily. Instead of talking about the people or things in your life you're grateful for, dig down into the details about what exactly you love about them. For example, maybe you love how your best friend sat up with you all night when you needed someone to talk to.

## **Get Into the Moment**

Take a minute to center yourself. By using mindfulness or meditation to pause and empty your mind of thoughts, you start paying attention to where you are right now emotionally, physically, or even spiritually. Once you're relaxed, let your mind drift where it will. Look for things to be thankful for. For example, you might hear the sound of wind chimes outside or smell dinner in the over, which are both things to be grateful for. Write about these things.

## **Ask Why**

If you already have a grateful thought, try digging a little deeper to discover what about this makes you feel such deep gratitude. Ask why you feel this way, and keep asking why until you uncover the root cause. For example, you might be writing about how you're grateful for chocolate chip cookies and discover you love them because your grandmother always made them for you. Express your gratitude for these 'buried treasures.'

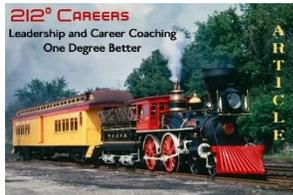
## **Change Directions**

If you've been writing about the same things every day, look for ways to discover gratitude in other areas of your life. Maybe you've been focusing on family for a while. If so, try turning toward work, past experiences, or nature for new inspiration.

## **Do Something Else**

If the thoughts aren't coming, give yourself a break. This isn't a race. Take a break and do something else for a bit, such as emptying the dishwasher. Let your mind drift through this activity. What about this job can you be grateful for (clean dishes? The time you shared with your family cleaning up the kitchen together after dinner last night? The meal you're going to eat next on these dishes?) Come back and write about these things.

It's sometimes surprising to see just how much there is to be grateful for. The best part? The more you journal your gratitude, the more your own attitude will shift to one of compassion and kindness. Truly, a grateful heart is a happy one!



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