

GRATITUDE JOURNAL



Being grateful for your blessings and reflecting on them is a key ingredient of happiness. People who practice gratitude are more optimistic, more likely to achieve their goals, and happier overall. Use this journal to write down the things for which you are grateful—whether it's the sunset, a good meal, a piece of music, your work, your health, a child's smile, or the beautiful tree outside your window.

It's best to use this e-journal on your computer. Simply save it to your desktop or another place where you can easily access it, and then record your daily reflections in the white boxes. Remember to save it each time.

Try to write in this journal often—a few words every day if you can, so that practicing gratitude becomes a habit. It's a habit that will make you feel better and better.

JANUARY

“As you live each day, remember to appreciate all that is in front of you, around you, and within you.”

—Dr. Tal Ben-Shahar, author of *Being Happy*

“Grace and gratitude have the same Latin root, *gratus*. Whenever we find ourselves in a stop-the-world-I-want-to-get-off mindset, we can remember that there is another way and open ourselves to grace. And it often starts with taking a moment to be grateful for this day, for being alive, for anything.”

—Arianna Huffington, author of *Thrive*

FEBRUARY

“Gratitude is an immensely powerful force that we can use to expand our happiness, create loving relationships, and even improve our health.”

—Deepak Chopra, author and physician

“In daily life we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy. And that gratefulness always leads to a satisfied, simplified life.”

—Joshua Becker, author of *The More of Less: Finding the Life You Want Under Everything You Own*

MARCH

“We all have the ability and opportunity to cultivate gratitude. Simply take a few moments to focus on all that you have—rather than complain about all the things you think you deserve. Developing an ‘attitude of gratitude’ is one of the simplest ways to improve your satisfaction in life.”

—Amy Morin, author of *13 Things Mentally Strong People Don't Do*

“We can only be said to be alive in those moments when our hearts are conscious of our treasures.”

—Thornton Wilder, author

APRIL

“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, American TV talk show host, actress, and producer

“Expressing gratitude on a regular basis can help you appreciate your partner rather than taking his or her small favors or kind acts for granted, and that boost in appreciation strengthens your relationship over time.”

—Suzann Pileggi, wellness consultant, in *Scientific American*

MAY

“Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.”

—A. A. Milne, from *Winnie-the-Pooh*

“All of us can acquire the skills necessary for happiness—gratitude, a sense of humor, perspective, acceptance, altruism, and the ability to inhabit the present moment.”

—Mary Pipher, author of *The Shelter of Each Other: Rebuilding Our Families*

JUNE

“Feeling a breeze on a hot day, seeing a cloud reflected on the glass façade of a high-rise . . . watching a child play with a puppy, drinking a glass of water can all be felt as deeply satisfying experiences that enrich one’s life.”

—Mihaly Csikszentmihalyi, author of *Flow: The Psychology of Optimal Experience*

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”

—Marcel Proust, author

JULY

“Just to be is a blessing.”

—Rabbi Abraham Joshua Heschel

“‘Thank you’ is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding.”

—Alice Walker, author

AUGUST

“This is a wonderful day. I’ve never seen this one before.”

—Maya Angelou, author

“Five neglected targets of gratitude: 1. Buttered toast. 2. Warm summer nights. 3. Baths. 4. Clean socks. 5. Just getting by.”

—Alain de Botton, philosopher and author

SEPTEMBER

“Reflect upon your present blessings—of which every man has plenty—not on your past misfortunes, of which all men have some.”

—Charles Dickens, author

“The hurricane was a good reminder about gratitude. For one thing, it reminded me that I have so much to be grateful for that it seems a bit preposterous that I need to remind myself to be grateful—but I do. When life is taking its ordinary course, it’s so easy to take everyday life for granted.”

—Gretchen Rubin, author of *The Happiness Project*

OCTOBER

“I don’t have to chase extraordinary moments to find happiness—it’s right in front of me if I’m paying attention and practicing gratitude.”

—Brené Brown, author of *The Gifts of Imperfection*

“To be grateful in your current state, it is helpful to remember the hard times that you once experienced. When you remember how difficult life used to be and how far you have come . . . this contrast is fertile ground for gratefulness.”

—Robert Emmons, author of *Thanks! How Practicing Gratitude Can Make You Happier*

NOVEMBER

“Enough is as good as a feast.”

—Proverb

“It seems like in America there’s really only one day a year that you’re supposed to stop and be grateful for what it is that you actually have. The other 364 days a year you run around trying desperately to get more of what you don’t have and push away what you don’t want. What I’m suggesting is that we reverse that and start to really tune into the miraculous qualities of being alive.”

—Jon Kabat-Zinn, author of *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*

DECEMBER

“All that we behold is full of blessings.”

—William Wordsworth, poet

“My New Year’s resolution this year is to write down three moments of joy before I go to bed each night. This simple practice has changed my life. Because no matter what happens each day, I go to sleep thinking of something cheerful. Try it.”

—Sheryl Sandberg, Chief Operating Officer of Facebook,
at University of California at Berkeley 2016 commencement