

## FOCUS ON GRATITUDE

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*Gratitude is not a magic solution that will change your life, it is a new way of thinking about yourself and your life.*

Gratitude is a beautiful and wonderful practice but it can get misused. Gratitude is not a cure all! It will not fix what you think is wrong in your life but it will fix how you feel and it will help you to feel more fulfilled in your life. Gratitude is a tool to help you through the rough spots.

### Gratitude is not:

- Something that you use to compare your life with others. Look at what is in your life right now and look for things that you are truly grateful for and things that make you feel fulfilled. Do not judge your life by anyone's standards but your own. Do not criticise yourself for not being where you think you should be.
- A way to avoid negative feelings. Ignoring hurt and pain only creates more hurt and pain down the road. Gratitude is not an outlet to avoid seeking help, it is not a way to comfort yourself when you are feeling down, it is not a way to avoid change or from taking action.
- An *attitude*, it is a *feeling* of thankfulness that comes from your thoughts of thinking that what you have is enough. It allows you to see the truth of things, not a way to file away feelings of disappointment, hurt, anger, or pain. Start cultivating and practicing ways to look for things that you are thankful for in your life, things that make you feel full and complete.

### Gratitude is:

- A feeling that arises naturally when you truly feel thankful and appreciate what is going on in your life. When you feel grateful you feel light and spaciousness—wonderful inside. It is authentic, satisfying, calming, and joyful.
- A feeling of how lucky you are in your life; it is not something that can be forced. Grow your mind to create an environment that flows naturally. Form the habits of focusing on what is positive, beautiful, and wonderful in your life. Times when you feel happier, true joy, and healthy. You do not have to pretend that everything is alright when it is not. Difficulties happen but feeling gratitude for the simple things gives you a chance to process the negative things—to look for the silver lining.
- A way to record things that you are really grateful for in your life. Gratefulness is something that you ARE not what you are NOT. Be authentic and practice the habit of finding things that you are grateful for to expand your awareness of true gratitude.

*If you struggle with keeping a gratitude journal, just start with listing things that you are unhappy about in your life. Once you get all of this out of your mind, try to move to things that you are grateful for in your life. Forcing yourself to be grateful in trying times can feel counterintuitive so, start with things that prevent you from moving forward. Get real, be honest with yourself, and be gentle with yourself.*

# Daily Gratitude Journal

Today is: \_\_\_\_\_

How was my day? The score for my day as I start this journal is \_\_\_\_\_

*This is your INITIAL gut-feel score from +5 to -5 that represents how your day went - at first glance.*

## My Progresses and Successes Today

Three things that I would count as successes or made progress with today.

*\*\*You may have to lower your standards until you find three things!*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Pat Myself on the Back

What I did today that required courage, or positive choice that I made that is consistent with who I want to become?

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## What I Learned and What Inspired Me

What did I learned about myself today.

What inspired me?

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## Goals or Intentions

Actions, thoughts, or steps that I took today that moved me closer to my goals.

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## Gratitude and Appreciation

Three things that I am grateful for (or appreciated) today.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What, if anything, triggered you today?

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Where do you need to be more kind to yourself?

*Where could you have been more kind to yourself that would make you feel happier and more productive?*

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Looking after YOU! What you did today that was just for you.

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How was my day? The score for my day as I complete this journal is: \_\_\_\_\_

 (This is your gut-feel score from +5 to -5 that represents how your day went now you have reviewed your day with a

What is the difference in your scores from start to finish (if any)? \_\_\_\_\_

What else do I want to make note of here?

*Anything else you may want to record, things you noticed as you reflected, things you may want to do differently tomorrow etc.*

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