

Forever
Grateful



Be Totally Well

Practicing Gratitude

In order to change your perspective, you need to make practicing gratitude a habit. One of the easiest, and most effective ways to do this is to keep a journal of the things you are grateful for. Whether you choose to journal in the morning, or at night, or both is up to you. Pick a quiet time and spend a few minutes thinking about, documenting and appreciating the positive things in your life.

Writing in your journal every day will ensure you stay focused on the positive so the negative can be washed away. Do it for a month, two months, six months or more. The longer you do it, the more ingrained it will become in your mind and the more your thoughts will shift.

At first, recognizing the positive aspects may feel awkward, but the more you look for it, the more you will find. There is beauty all around you. There is beauty within you. A smile, a sunset, a friend, a
The following pages can be printed as your first gratitude journal. It contains 10 prompts to get you started along with some quotes to keep you motivated. There is no right or wrong way to practice even gratitude. The practice itself is where the power resides.

Think about a recent hardship. What positive aspect or opportunity came from it?



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List five things you love about yourself and why.



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Write about a time when you really felt appreciative of something or someone in your life.



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Write about your favorite season.



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Think back to the past year or two. Write about some of the changes you've made and why you are grateful for them.



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Write about something you love doing and why you are grateful to be able to do it.



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List five positive aspects of your community and why you love them.



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Sunrise or Sunset? Which is your favorite and why?

There's Always Something to Be Thankful For



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Write about how you felt the last time someone did a kind deed for you.

There's Always Something to Be Thankful For



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Write about something that makes you belly laugh.

There's Always Something to Be Thankful For



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There's Always Something to Be Thankful For

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“Saying thank you is more than good manners. It is good spirituality.”

There’s Always Something to Be Thankful For

~ Alfred Painter



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There's Always Something to Be Thankful For

“Gratitude turns what we have into enough.”



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There's Always Something to Be Thankful For

*“God gave you a gift of 86,400 seconds today. Have you used one to say
"thank you?" ~ William A. Ward*



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There's Always Something to Be Thankful For



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“Silent gratitude isn't much use to anyone.” ~ Gertrude Stein

There's Always Something to Be Thankful For



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There's Always Something to Be Thankful For

“If the only prayer you said in your whole life was, “thank you,” that would suffice.” ~ Meister Eckhart



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“If you count all your assets, you always show a profit.” ~ Robert Quillen

There’s Always Something to Be Thankful For



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There's Always Something to Be Thankful For

“There are two kinds of gratitude – The sudden kind when we receive and the deeper kind when we give. “



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“The struggle ends when the gratitude begins.” ~ Neale Donald Walsch

There’s Always Something to Be Thankful For



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“Replace fear with gratitude, and the whole world changes.”

There’s Always Something to Be Thankful For

~ Terri Guillemets



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“Hem your blessings with thankfulness so they don't unravel. “

There's Always Something to Be Thankful For



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“Gratitude is the memory of the heart.” ~ Jean Baptiste Massieu

There’s Always Something to Be Thankful For



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There's Always Something to Be Thankful For

*“Some people grumble that roses have thorns. I am grateful
that thorns have roses.” ~ Alphonse Karr*



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There's Always Something to Be Thankful For

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There's Always Something to Be Thankful For

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” ~ John F. Kennedy



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“We make a living by what we get, but we make a life by what we give.”

There’s Always Something to Be Thankful For

~ Winston Churchill “



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“It is impossible to feel grateful and depressed in the same moment.”

There’s Always Something to Be Thankful For

~ Naomi Williams



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“Kindness is a language, which the deaf can hear and the blind can see.”

There’s Always Something to Be Thankful For

~ Mark Twain



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“Be thankful for what you have, you’ll end up having more.”

There’s Always Something to Be Thankful For

~ Oprah Winfrey



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There's Always Something to Be Thankful For

“If we magnify blessings as much as we magnify disappointments, we would all be much happier.” ~ John Wooden



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There's Always Something to Be Thankful For