Toreno Grateful



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 young started along with some quotes to keep you motivated. There is no right or wrong way to practiceeven gratitude. The practice itself is where the power resides.

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

List five things you love about yourself and why.

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

Write about your favorite season.

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

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

List five positive aspects of your community and why you love them. Sunrise or Sunset? Which is your favorite and why?

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

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Write about something that makes you belly laugh.

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"Saying thank you is more than good manners. It is good spirituality. "

~ Alfred Painter







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"Gratitude turns what we have into enough."

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

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"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

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





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



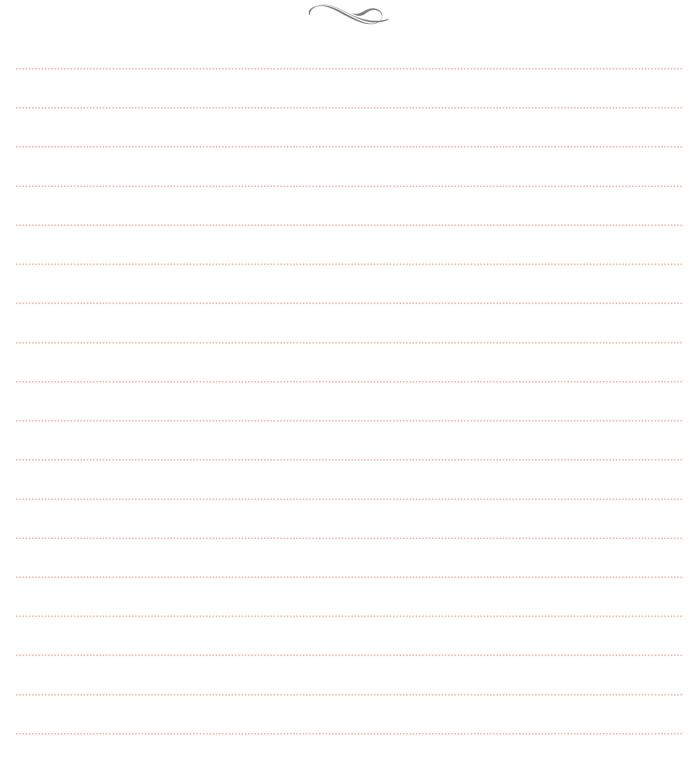




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"Replace fear with gratitude, and the whole world changes."

~ Terri Guillemets



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





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"Gratitude is the memory of the heart." ~ Jean Baptiste Massieu







"Some people grumble that roses have thorns. I am grateful that thorns have roses." ~ Alphonse Karr





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

~ Winston Churchill "

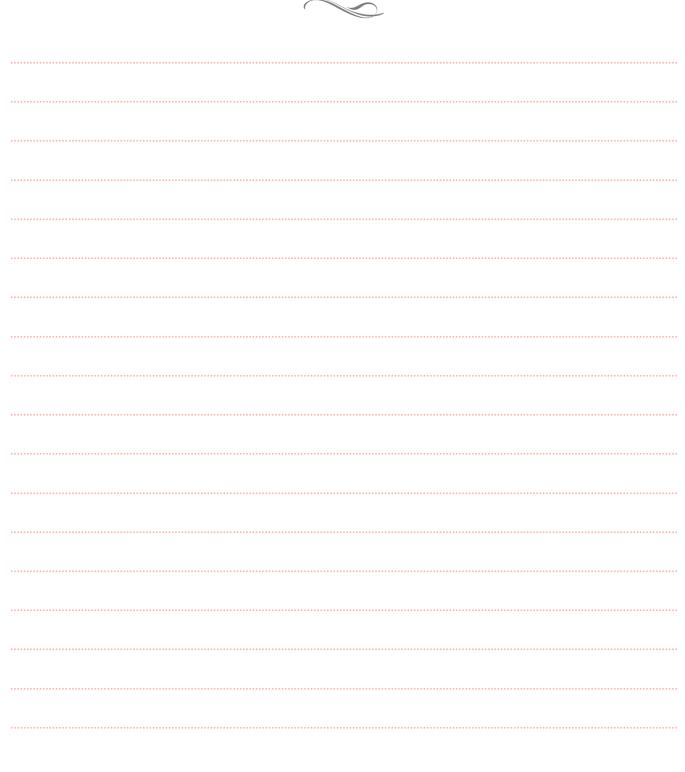




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"It is impossible to feel grateful and depressed in the same moment."

~ Naomi Williams







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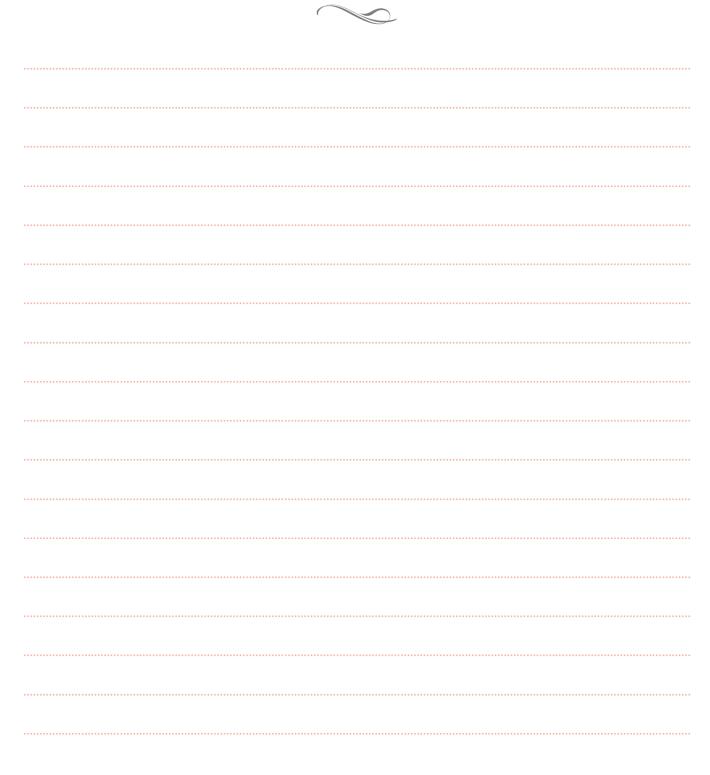
"Kindness is a language, which the deaf can hear and the blind can see."

~ Mark Twain





~ Oprah Winfrey







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

