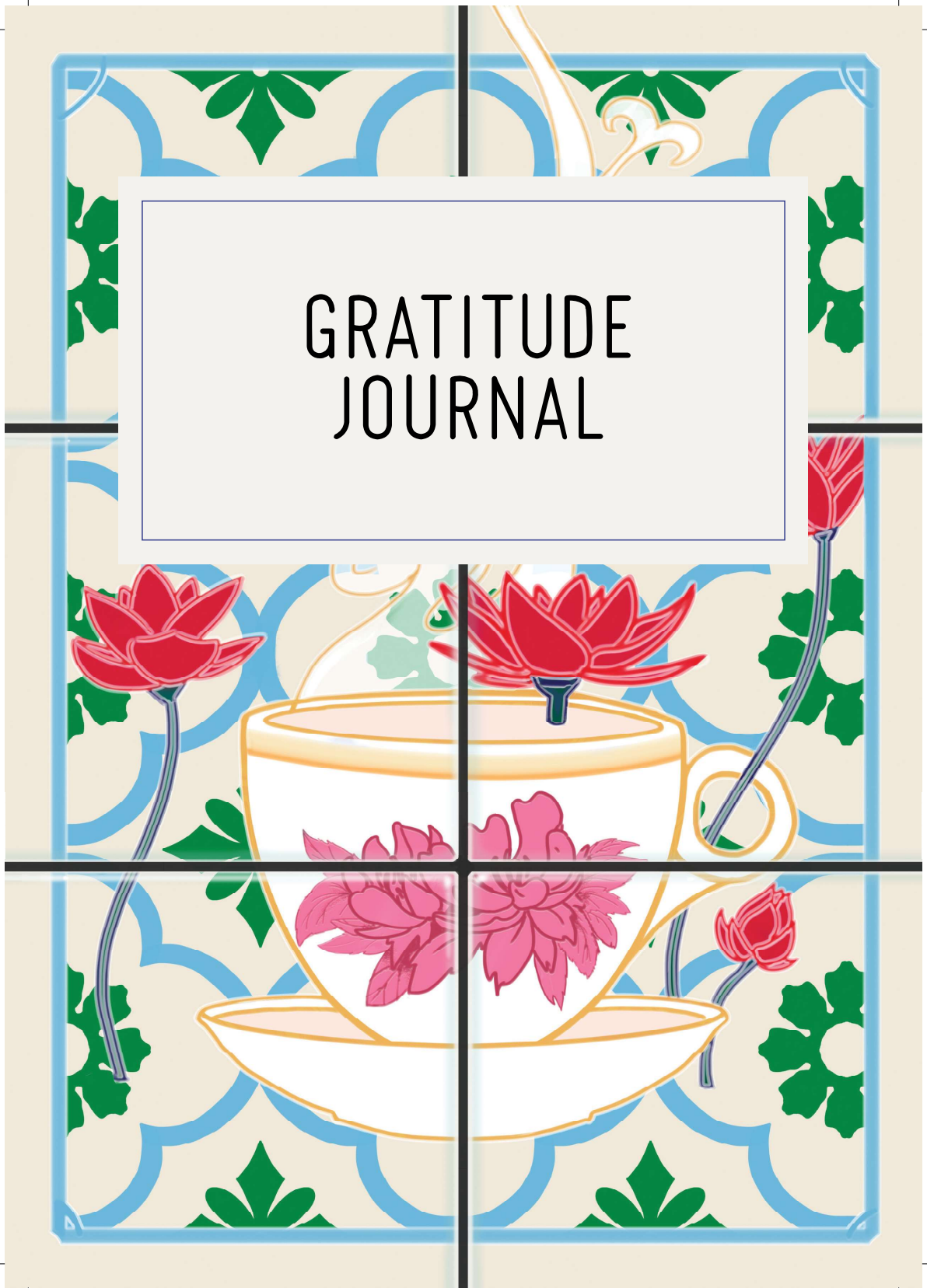


# GRATITUDE JOURNAL



# HELLO!



Gratitude is one of the most neglected emotions and one of the most underestimated virtues (Emmons & McCullough, 2004)<sup>1</sup>. Yet we are all familiar with the feeling of gratitude – we receive a gift, and we are thankful for this provision of kindness to us.

It is with this thought that we decided to create this gratitude journal for you.

You may wonder what a gratitude journal is. In essence, the journal enables us to keep track of the good things in life. It reminds us that no matter how difficult and challenging life can sometimes get, there is always something to feel grateful for. Even yourself. Yes, do not forget to say 'thank you' to yourself, as strange as that may sound.

We hope you will take comfort in this act of writing. With that, we welcome you to your very own gratitude journal.

# BENEFITS OF KEEPING A GRATITUDE JOURNAL

---

Jessen (2016) highlighted the following benefits her article 'The benefits of a gratitude journal and how to maintain one'<sup>2</sup>.

- ◆ Gratitude journaling, like many gratitude practices, can lower your stress levels;
- ◆ Journaling can give you a new perspective on what is important to you and what you truly appreciate in your life;
- ◆ By noting what you are grateful for, you can gain clarity on what you want to have more of in your life, and what you can do without;
- ◆ Gratitude journaling can help you find out and focus on what really matters to you;
- ◆ Keeping a gratitude journal helps you learn more about yourself and become more self-aware;
- ◆ Your gratitude journal is for your eyes only, so you can write anything you feel without worrying about judgment from others;
- ◆ On days when you feel blue, you can browse your gratitude journal to readjust your attitude and remember all the good things in your life.

<sup>1</sup> Emmons, R.A., & McCullough, M.E. (2004). *The Psychology of Gratitude*. Oxford University Press.

<sup>2</sup> Jessen, L. (2016, July 8). *The Benefits of a Gratitude Journal and How to Maintain One*. *The Huffington Post online*. Retrieved on February 22, 2020, from [https://www.huffpost.com/entry/gratitude-journal\\_b\\_7745854](https://www.huffpost.com/entry/gratitude-journal_b_7745854)



## FOR STARTERS

---

The idea of this gratitude journal is to encourage you to reflect on your day.

Find a quiet spot and take a few minutes to calm your mind. Limit the interactions: put your phone on silent and switch off the television and radio.

Think of three things that you are thankful for today. If you are unable to, start with one. As the days go by, allow yourself to reflect on more things that you are grateful for.

# GRATITUDE

Date: \_\_\_\_\_

Today was



Today, I am thankful for

1.

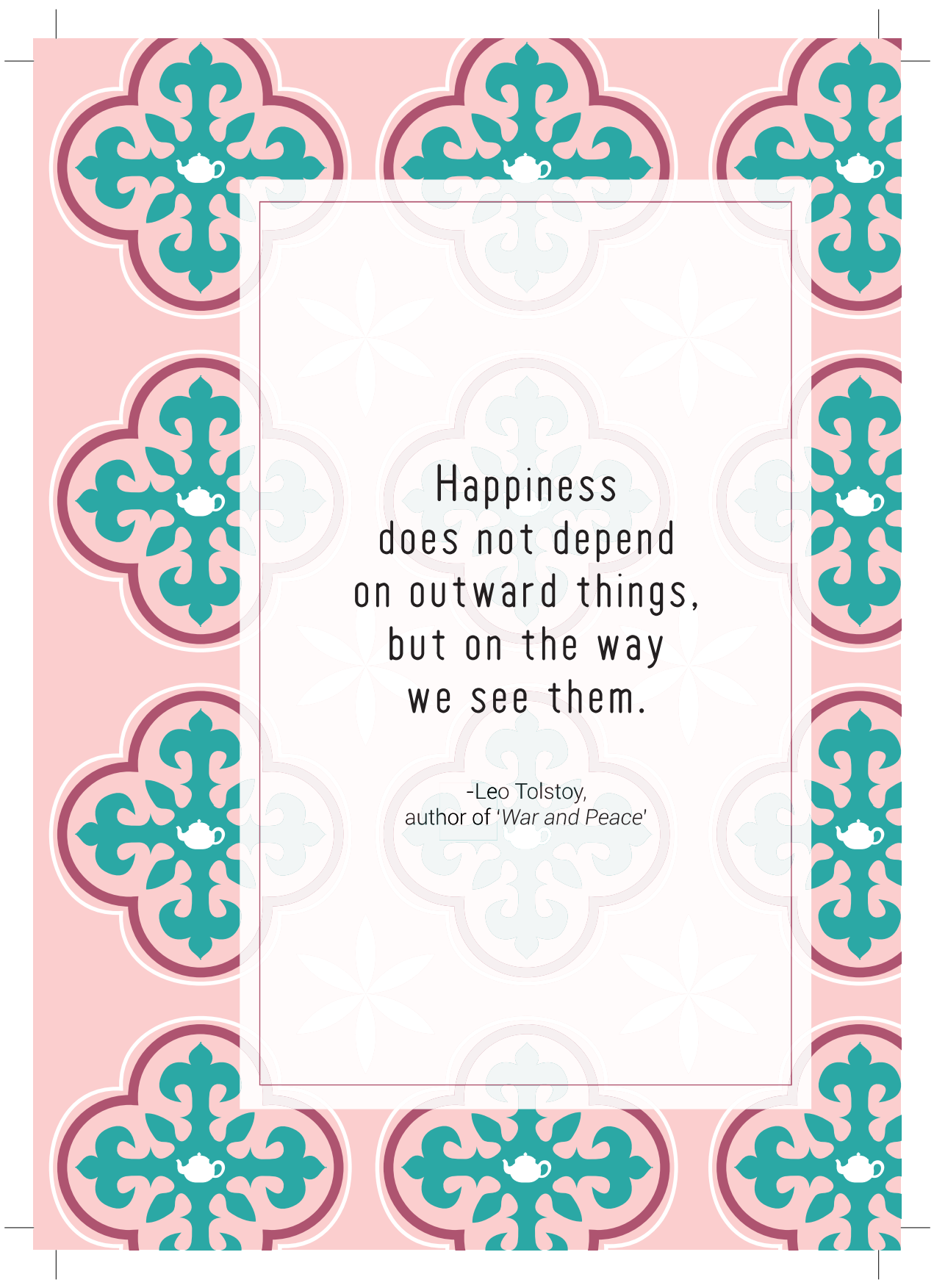
2.

3.

What made me smile today?

What was the best thing that happened today?

I am looking forward to



Happiness  
does not depend  
on outward things,  
but on the way  
we see them.

-Leo Tolstoy,  
author of '*War and Peace*'



Thanks a thousand: A Gratitude Journey\*

A.J. Jacobs

Call No.: 179.9 JAC


All rights reserved, New York: TED Books,  
Simon & Schuster, 2018.

\*Available on eReads and Overdrive  
All images are copyright to their respective publishers.



cut here

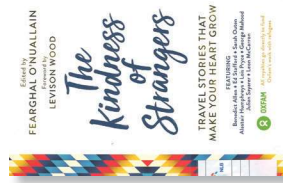




Let us be grateful to  
the people who make  
us happy; they are the  
charming gardeners  
who make our souls  
blossom.

-Marcel Proust,  
author of '*In Search of Lost Time*'.





**The Kindness of Strangers: Travel Stories  
That Make Your Heart Grow**  
Edited by Fearghal O'Nuallain  
Call No.: 910.4 KIN  
All rights reserved,  
UK: Summersdale Publishers, 2018.

All images are copyright to their respective publishers.



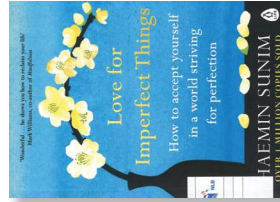
cut here





Always try to be a  
little kinder than is  
necessary.

-J.M. Barrie,  
creator of Peter Pan.

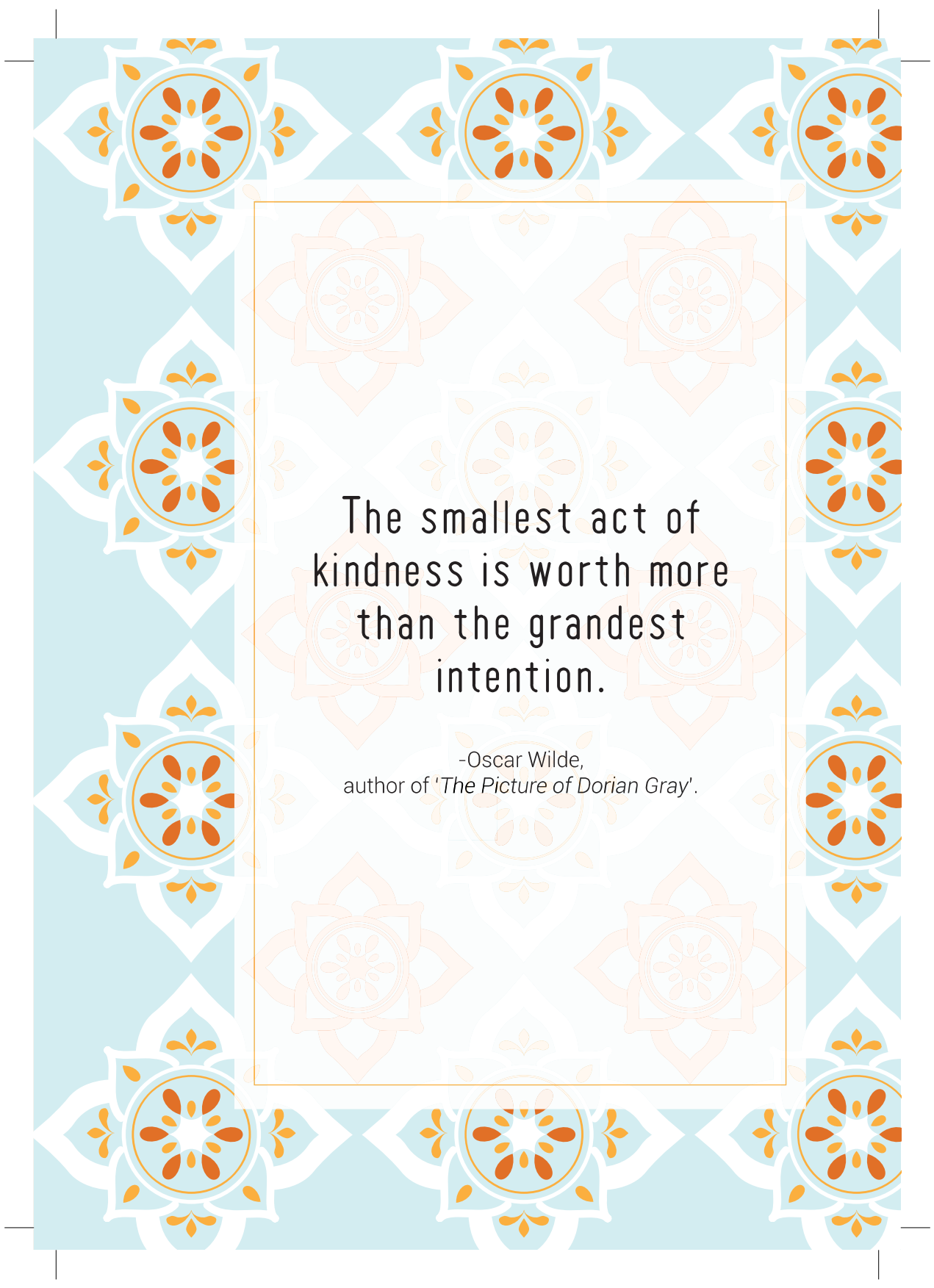


**Love for Imperfect Things: How to Accept Yourself in A World Striving for Perfection\***  
Haemin Sunim; translated by Deborah Smith and Haemin Sunim  
Call No.: 158.1092 KHO  
All rights reserved, UK: Penguin Life, 2020.

\*Available on eReads and Overdrive  
All images are copyright to their respective publishers.

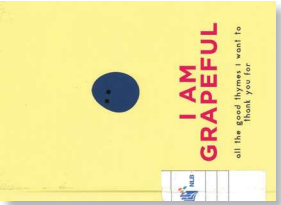


cut here



The smallest act of  
kindness is worth more  
than the grandest  
intention.

-Oscar Wilde,  
author of '*The Picture of Dorian Gray*'.



**I am Grapeful: All the Good Thymes I Want to Thank You For**  
Call No.: 179.9 I  
All rights reserved, London: Pyramid, an imprint of  
Octopus Publishing Group Ltd, 2019.

All images are copyright to their respective publishers.



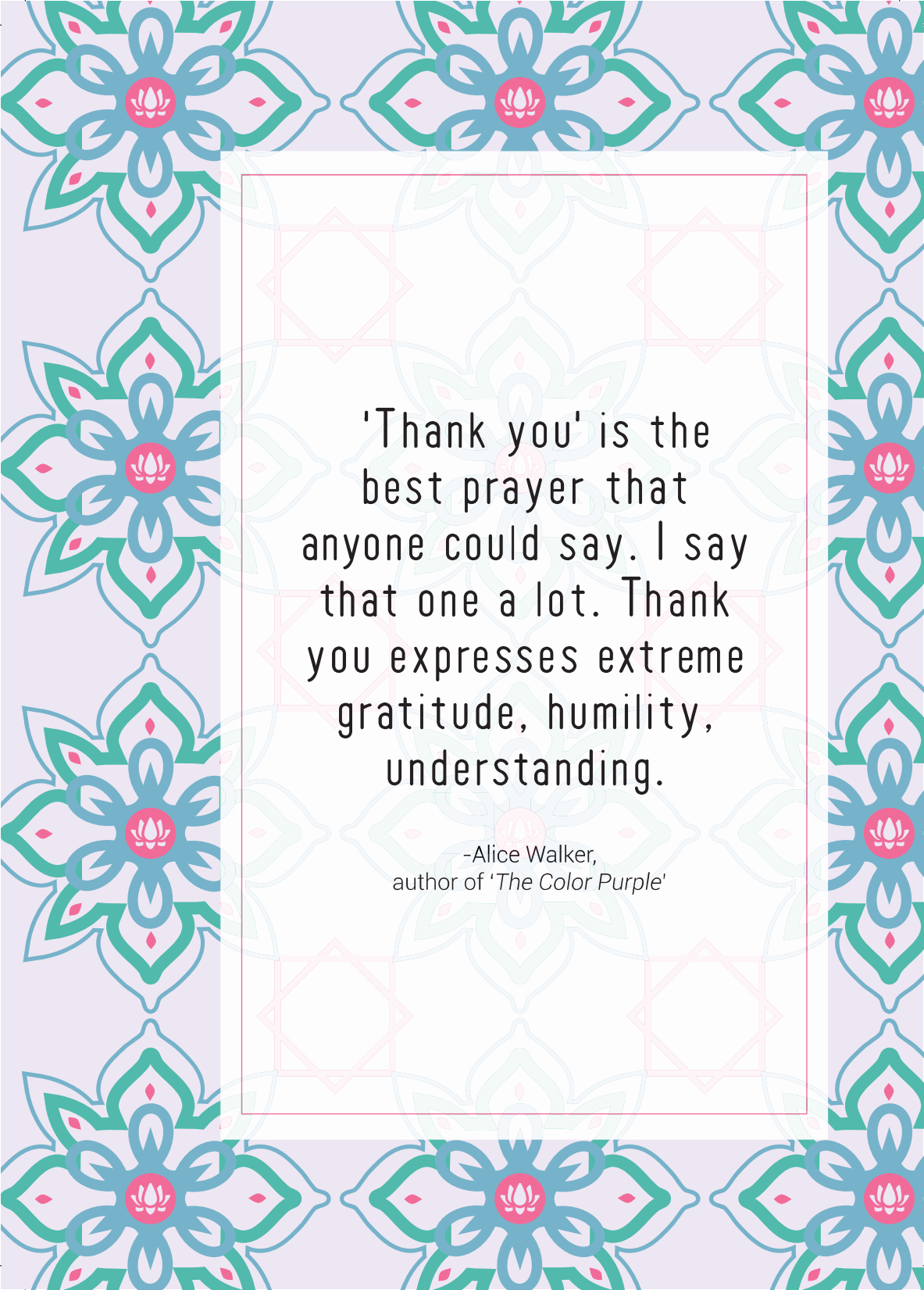
cut here



---

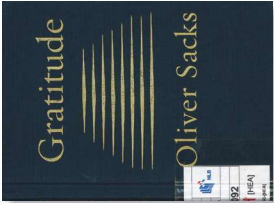
---

---



'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 of *'The Color Purple'*



**Gratitude\***  
Oliver Sacks  
Call No.: 616.80092 SAC-[HEA]  
All rights reserved, London: Picador, 2015.

\*Available on eReads and Overdrive  
All images are copyright to their respective publishers.



---

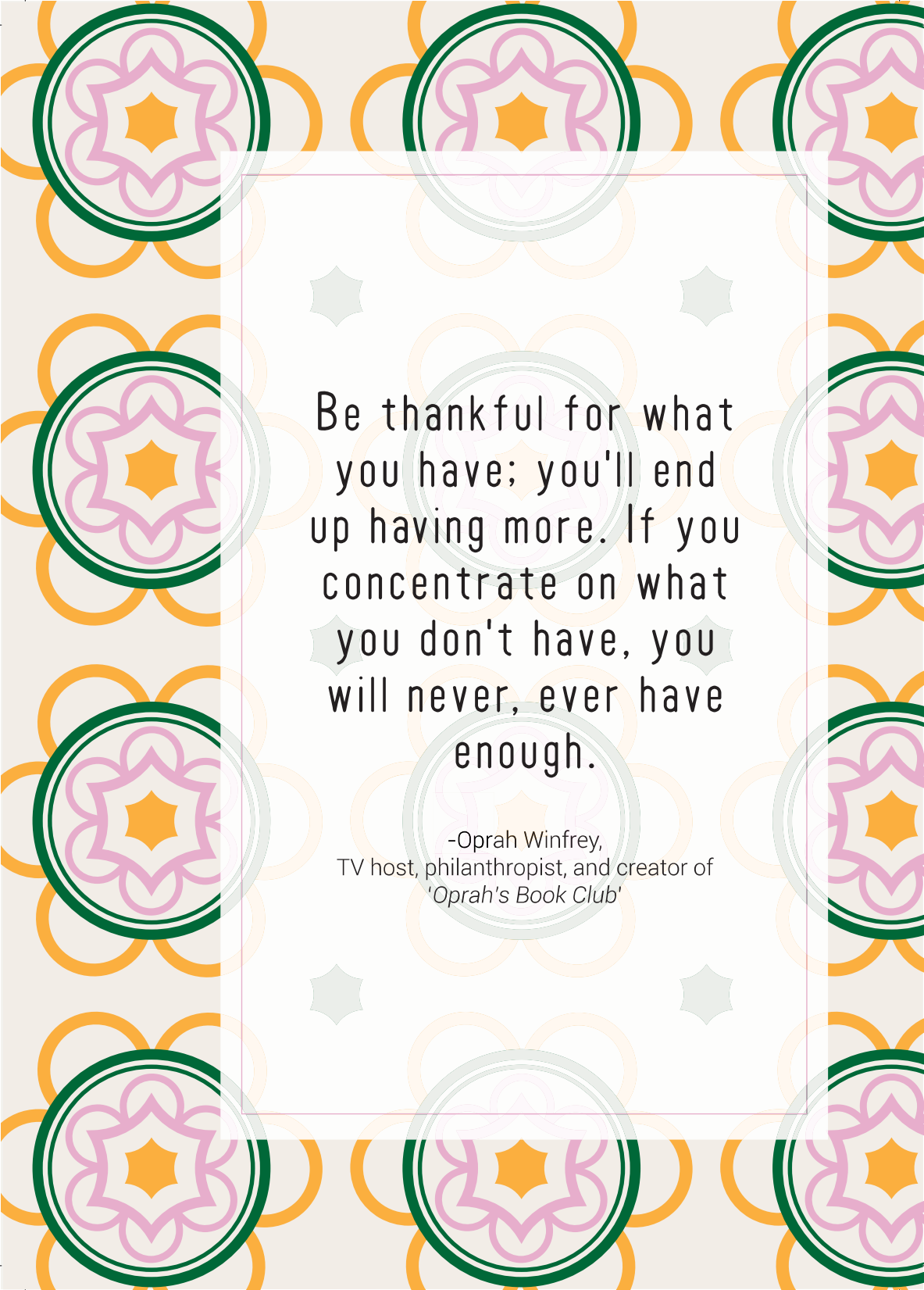
---

---

---



cut here



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,  
TV host, philanthropist, and creator of  
'*Oprah's Book Club*'





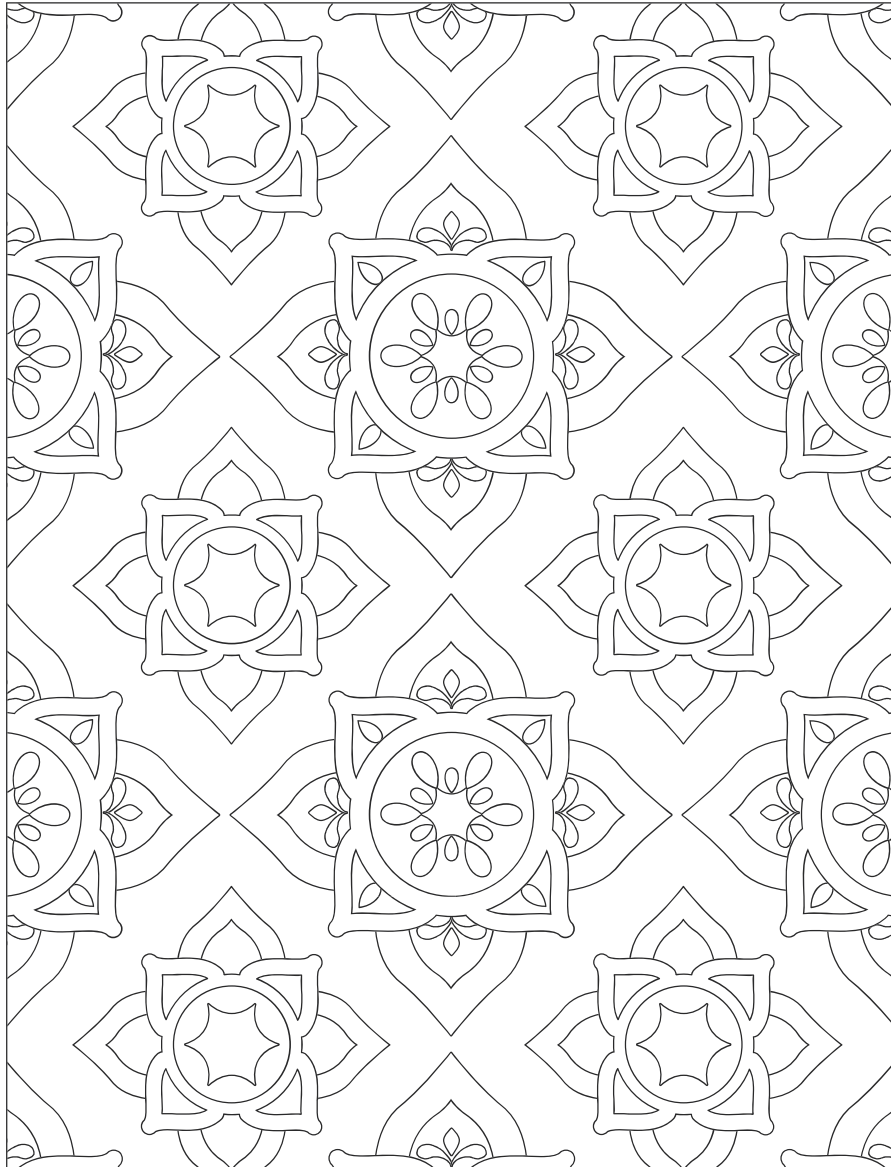
**Write Yourself Happy: The Art of  
Positive Journaling**  
Megan C. Hayes  
Call No.: 158.1 HAY  
All rights reserved, London: Gaia Books, Ltd, 2018.

All images are copyright to their respective publishers.

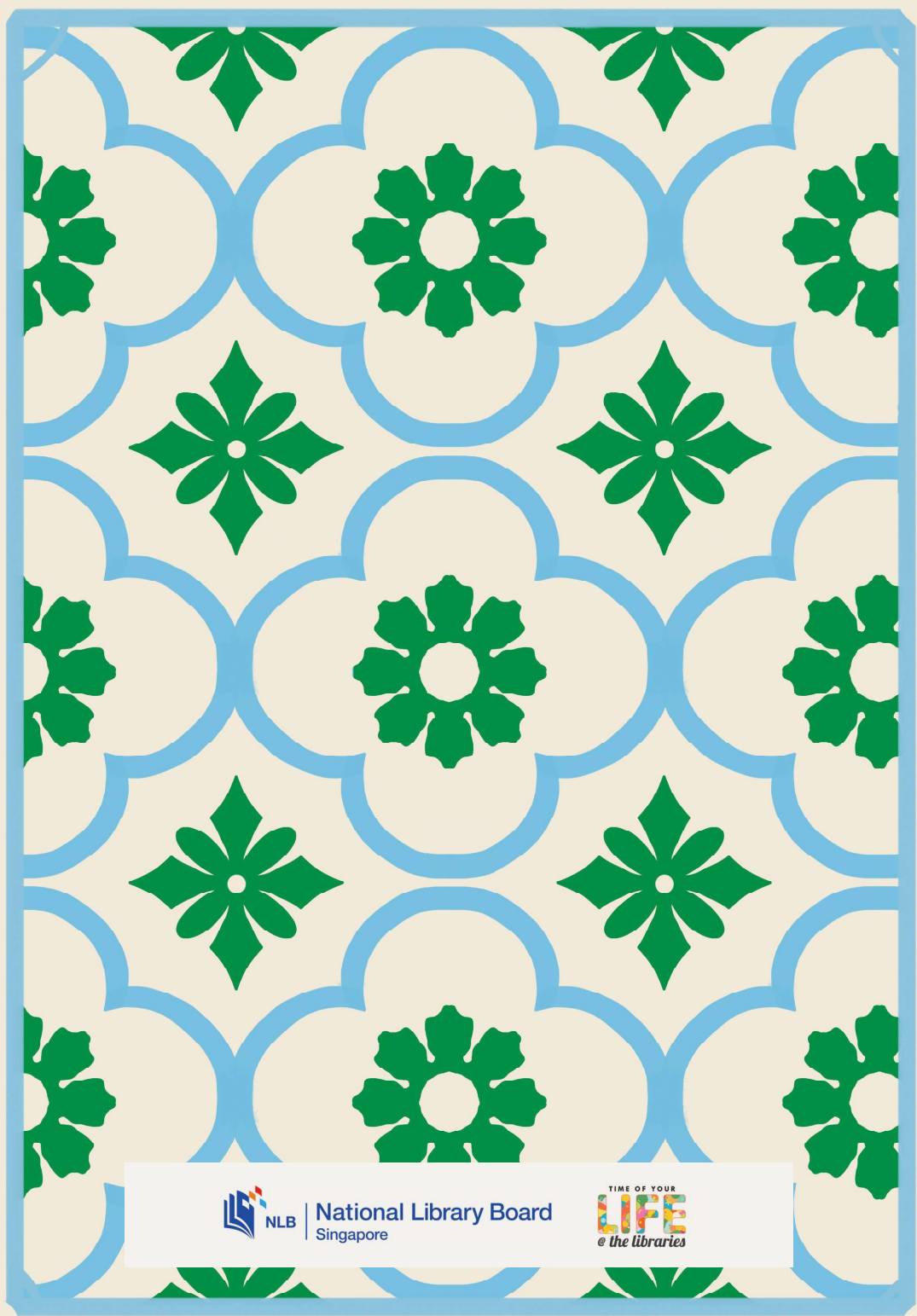
cut here



# MINDFUL COLOURING



Adult colouring has been found to be a therapeutic exercise that can help in reducing stress and anxiety. The attention needed in colouring - which can help in bringing a person to the present moment - has been said to have the same positive effect as the practice of mindfulness.



NLB

National Library Board  
Singapore

TIME OF YOUR  
**LIFE**  
@ the libraries