

# 100 DAYS OF GRATITUDE

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JOURNAL

OLGA GIBBS

# 100 Days of Gratitude

Olga Gibbs

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# 100 days of gratitude. Journal.

## Introduction

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AS HUMAN BEINGS, WE notice negative things far more often than we do positives. We notice when someone barks at us on a train or is being rude to us at a shop, all whilst missing a child's smile, the soft purring of a cat or good weather. Criticism from a stranger settles in our hearts, whilst a compliment gets to be forgotten the day it was received.

We are hardwired to criticise ourselves and others. Society demands so. Since childhood we have been told not to "brag", to be humble, and even when someone gives us a compliment, we would often diminish our achievement, waving that compliment off. We are uncomfortable in receiving compliments. We have forgotten how to compliment others and how to give thanks. We don't know how to praise ourselves, and as a result, we don't notice the good and positive things in our lives. We only notice negativity.

We are surrounded by a culture of negativity. We are bombarded by negative news, unattainable standards of beauty or wealth, by magazines, filled with embarrassing photos of celebrities, social media platforms ... the list is truly endless.

The punitive culture is around us. It creeps in at schools, settling in during college years, and takes permanent residency when we enter the work place. We are overlooked and undervalued on a daily basis, and over time we begin to believe that this is how it is supposed to be, believing that that is as much as we are worth or deserve. The appreciation and gratitude we receive from others is so small, praise is so rare that we begin to forget how to give it, including to ourselves.



Over time we forget how to celebrate small milestones of achievement, zeroing in only on our mistakes, losses and failures.

Today is the day to change and this journal will help you to do that.

It's time to start loving and appreciating ourselves and this journal will help with that life-changing task.

The gratitude journal will help discover happiness and satisfaction with life, whilst improving overall well-being and mental health.

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### **WHAT IS THE DIFFERENCE between a gratitude journal and a journal or a planner?**

The gratitude journal focuses on what you're grateful for. This is your space to note and record good things in your life, to remind yourself that life is good, no matter how hard the going is. Its aim is to shift focus from negative and destructive to positive and future affirming.

### **Why keep a gratitude journal?**

The positive impact of journaling on mental health is researched and well documented. Keeping a journal helps us to work through difficult times, finding an outlet, become more grounded and well balanced, understanding ourselves and our responses to people, emotions, and situations.

### **Benefits of the gratitude journal:**

A balanced view of the good and bad things that happen in our lives;

It lowers stress levels, thus improving physical and mental health

Improves sleep;

Increases self-awareness;

A positive outlet for dark or concerning emotions;

a significant, positive impact on wellbeing;

improves depression symptoms;

helps with obsessive compulsive disorders and anxieties;

increases life satisfaction;

Balanced outlook to life and stress, and as a result we're less likely to have a long-term and damaging effect of a setback;

It makes us generous to others, and not in just a monetary sense. We begin to give smiles, laughter and kindness freely;

Increased sense of self value and self-worth;

Gives a sense of accomplishment in life;

Gratitude journaling can provide a sense of context or interconnectedness. It can remind us how things in life are connected to one another, and guide us to one of those rare moments in which we truly recognize that the world is so much bigger than us, yet we are grateful just to be a small part of it (Pope Francis, 2016);

**Basically, gratitude journaling helps us to realise that there's more to life than just negative thoughts and situations. It shifts our attention from negativity into positivity.**

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## How to record

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THIS GRATITUDE JOURNAL is designed to support and encourage your self-discovery. It is filled with questions and prompts for each day to help you get you back on track, appreciate yourself and your life. It will help you to get into the groove of noticing and recording good things in your life, no matter how small.

If one day all that you can be thankful for is sunshine, then that is perfectly fine. Remember, from a spark the fire grows. We're here to create a habit and it will be worth it with the improvement it will bring to your life.

Dedicate to your journal five minutes every day.

Don't rush through the process. Try to savour the act of journaling. Be conscious about your new "attitude of gratitude."

Keep the negative out of your journal.

Keep it next to your bed, ideally writing at the end of the day when you can look back on your day, noting all positive and happy things that happened to you that day.

Set an alarm reminder on your phone if you think you might forget.

Write as many items you are grateful for as you want. Remember, the prompts provide are just that, a prompt. They are here to spurt your habit, creativity and self-appreciation, but if you'd like to mention something else that happened to you today, feel free to do that.

Elaborate on why you are grateful for the things you write down. This can help you understand what is truly important to you and what you can cut out of your life.

Give it a chance. Common wisdom is that it takes three weeks to establish a new habit, so aim for at least three weeks of daily journaling before making any judgments. The only thing you stand to lose if you don't take to gratitude journaling are a few minutes a day, hardly a huge loss (Jensen, "Turn Pain to Joy").

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## How this journal is structured:

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THIS JOURNAL CONSISTS of three blocks of 30 days for recording gratitude, with the final ten days concentrating on reflection as you're finishing the journaling.

In each of the three blocks, every day you will receive a question or a prompt to encourage you to look back on the day, on your year, on yourself and your life and give thanks. Through the variety of questions we encourage your understanding of yourself and your life. We'll work and dig deeper.

Every ten days within that block, we'll take a moment to look back and analyse what went well and what didn't. We will reflect, noting patterns in our thought process, in external and internal stimuli.

Every twenty days we will push our self-acceptance further.

To progress further, we need not only to reflect and understand ourselves, but to dream and look into future, so every thirty days we will dream, setting goals: attainable and far-fetched (by our own measurement). We need to look into future not with fear, but with hope and strength, knowing that no matter what life throws at us, we will be equipped to take on another challenge and handle it.

Equipped with self-awareness, we will finish with ten days of writing therapy prompts and reflections, noting what we have learned about ourselves and what future resolutions we might have, how those might help us in achieving our dreams.

*If you're looking for some more specific examples of the items others list in their gratitude journals, check out Oprah's five items from her personal gratitude journal on October 12, 1996:*

*A run around Florida's Fisher Island with a slight breeze that kept me cool;*

*Eating cold melon on a bench in the sun;*

*A long and hilarious chat with Gayle about her blind date with Mr. Potato Head;*

*Sorbet in a cone, so sweet that I literally licked my finger;*

*Maya Angelou calling to read me a new poem (Winfrey, "What Oprah Knows for Sure About Gratitude").*

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Part 1. First 30 days; the first month.

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## Day 1

---

CONGRATULATIONS! TODAY is your first day to a happier, more grounded you.[1] Today is the first day of your 100 day journey to shift the focus from negativity in your life to positivity.

List three good things that happened to you today, no matter how small.

- 1.
- 2.
- 3.

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## Day 2

---

LIST THREE THINGS THAT you are grateful for today[2]:

- 1.
- 2.
- 3.



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## Day 3

---

GIVE YOURSELF A COMPLIMENT. Let's start with the body. Name five things that you like about your body or appearance?[3]

- 1.
- 2.
- 3.
- 4.
- 5.

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## Day 4

---

YESTERDAY WE SPOKE about appearance. Let's today speak about character. What are three character traits that you like about yourself? If you feel brave, go for five![4]

- 1.
- 2.
- 3.

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## Day 5

---

WHAT ARE THE FIVE ABILITIES you have that you're proud of? Be free and honest. So what if it's only you who appreciates your ability to burp your "ABCs", if you are proud of it – list it![5]

1.

2.

3.

4.

5.

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## Day 6

---

WHAT HAS MADE YOU HAPPY today? What has made you smile or laugh?[6]

- 1.
- 2.
- 3.
- 4.
- 5.



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## Day 7

---

WHAT IS GOOD THAT HAS happened today? What has made your day a bit brighter?[7]

- 1.
- 2.
- 3.
- 4.
- 5.

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## Day 8

---

LET'S BE THANKFUL EVEN for the challenges in our life. They are what make us the people we are today.[8]

What is it about a challenge you're experiencing right now you can be thankful for? Try to list three challenges, but even if you find only one, that's a great progress towards self-acceptance and forgiveness.

- 1.
- 2.
- 3.

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## Day 9

---

WHAT ARE YOU THANKFUL for today?[9]

1.

2.

3.

4.

5.

6.

7.

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## Day 10

---

HOW DID YOU FIND THE ten days of the gratitude journaling? Did you find it easy or difficult? Were you honest? Did you remember to do it every day? Which was the most difficult prompt and why? Which was the easiest and why?[10]



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## Day 11

---

WHAT ARE YOU TAKING for granted about your day to day living that you can be thankful for?[11]

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

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## Day 12

---

WHAT MATERIALISTIC items are you most grateful for and why?[12]

- 1.
- 2.
- 3.
- 4.
- 5.

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## Day 13

---

WHAT TEN THINGS ARE you grateful for today?[13]

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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## Day 14

---

WHICH PEOPLE ARE YOU grateful to have in your life and why?[14]  
List as many or as few as you wish.

- 1.
- 2.
- 3.
- 4.
- 5.



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## Day 15

---

WHAT ELEMENTS OF NATURE are you grateful for and why?[15] List as many as you wish.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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WHAT HAS MADE YOU SMILE today?[16]

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## Day 17

---

WHEN WAS THE LAST TIME you laughed uncontrollably until tears rolled down your cheeks and your tummy hurt? Relive that memory here.  
[17]

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## Day 18

---

FIND FIVE THINGS TO be thankful for today.[18]

- 1.
- 2.
- 3.
- 4.
- 5.



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## Day 19

---

WHAT FIVE PIECES OF creative art (music, poetry, novel, paintings etc) are you grateful for and why?[19]

- 1.
- 2.
- 3.
- 4.
- 5.

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## Day 20

---

USE THIS PAGE TO WRITE a love letter to yourself. Fall in love with yourself, note your best qualities and traits, appreciate them and yourself.  
[20]

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## Day 21

---

LIST FIVE THINGS YOU'RE grateful for today.[21]

- 1.
- 2.
- 3.
- 4.
- 5.

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## Day 22

---

WHAT FIVE THINGS ARE you grateful for about the city you live in?[22]

- 1.
- 2.
- 3.
- 4.
- 5.



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## Day 23

---

USE THIS PAGE TO WRITE about one person in your life that you're particular grateful for and say why.[23]

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## Day 24

---

GO OUTSIDE. OBSERVE, enjoy, reflect. Listen to the wind. Watch the sky and clouds. Smell the air. Describe your walk and the feelings it has evoked. Is there something you can be grateful for after that walk?[24]

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## Day 25

---

WHAT ACCOMPLISHMENTS are you proud of? Try to list at least five but keep going if you can.[25]

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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## Day 26

---

WHAT HAS HAPPENED TO you today that is positive and unexpected? Did you experience a random act of kindness? Did you receive an unexpected compliment? Maybe a stranger smiled at you or maybe a call from an old friend? List as many as you can.[26]



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WHAT HAVE YOU BEEN given that you're grateful for?[27]

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## Day 28

---

EVERY DAY WE LEARN something new. What's new that you have learned today?[28]

- 1.
- 2.
- 3.
- 4.
- 5.

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## Day 29

---

WHAT ARE YOU THANKFUL for today?[29]

1.

2.

3.

4.

5.

6.

7.

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## Day 30 – Let's dream!

---

YOU DID IT! YOU KEPT your gratitude journal going for 30 days! Well done! 30 days of gratitude, love and appreciation.

Today is all about dreams and aspirations. List 5 to 10 dreams that you have, no matter how big or small they are. They're your dreams. Dream as big and global as you wish, or as small and personal as you like, be as specific or as vague.

On this page shift the focus to your future. Look ahead, plan and dream.[30]



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Part 2. Second month.

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## Day 31

---

WHAT MISTAKES OR FAILURE are you grateful for and why?[31]

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 10.

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WHAT HAS MADE YOU SMILE today?[32]

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## Day 33

---

SAY A COMPLIMENT TODAY: to yourself, to a loved one, to a stranger.  
Do it again. How did it make you feel?[33]



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## Day 34

---

WHAT TEN THINGS ARE you grateful for today?[34]

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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## Day 35

---

OPEN A WINDOW. TAKE a breath. Look outside, listen, embrace the world you live in and give thanks.[35]

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## Day 36

---

FIND FIVE THINGS TO be thankful for today.[36]

- 1.
- 2.
- 3.
- 4.
- 5.

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## Day 37

---

WHAT LOSSES HAVE YOU had in your life? Can you find a way to be thankful for them coming into your life?[37]

- 1.
- 2.
- 3.
- 4.
- 5.



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## Day 38

---

WHAT TRADITIONS(FAMILY, cultural etc) are you grateful for?[38]

- 1.
- 2.
- 3.
- 4.
- 5.

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WHAT FAMILY MEMBERS are you grateful and why?[39]

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## Day 40

---

REFLECTING ON THE PAST forty days of the gratitude journaling, do you find the process easy or challenging? Why?

Note on this page and give thanks for something new that you've learnt about yourself or your world through this journal.[40]

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## Day 41

---

WHAT BOOKS ARE YOU grateful for and why?[41]

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.



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## Day 42

---

THINK BACK TO A PERSON who offended you. Write five positive things about him/her. NOTE: be careful to not go into an event that you might find too traumatic. If you're not ready to remember or confront – leave it.[42]

- 1.
- 2.
- 3.
- 4.
- 5.

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## Day 43

---

WHAT MUSIC ARE YOU thankful to be able to listen to and why?[43]

- 1.
- 2.
- 3.
- 4.
- 5.

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## Day 44

---

WHAT TEN THINGS ARE you grateful for today?[44]

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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---

DESCRIBE YOUR FAVOURITE moment of the day.[45]



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## Day 46

---

LIST TEN HOBBIES OR activities that bring you joy.[46]

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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## Day 47

---

HOW IS YOUR LIFE MORE positive today than it was a year ago?[47]

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HAVE YOU MADE SOMEONE'S day brighter today?[48]

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## Day 49

---

HAVE YOU CREATED SOMETHING you're proud of? What is it? Why are you proud of it?[49]



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## Day 50

---

HALF WAY THROUGH. YOU'VE made it!

As you're getting into the habit of keeping the gratitude journal, today give thanks your way. Say it how you want it. Write it, draw, scribble, make a collage, make a mood board on this page of your life, of your progress or your future.

Let your imagination fly and let your subconsciousness loose. Allow yourself to be free. This is your time. This is for you.[50]

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## Day 51

---

FIND FIVE THINGS TO be thankful for today.[51]

- 1.
- 2.
- 3.
- 4.
- 5.

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## Day 52

---

OF THE WORK THAT YOU do, what are you most proud of?[52]

1.

2.

3.

4.

5.

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## Day 53

---

WHAT SETBACK THAT YOU experienced turned out as a positive or a win in the long run?[53]



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WHAT HAS MADE YOU SMILE or laugh today?[54]

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## Day 55

---

WRITE HERE ABOUT A recent obstacle you faced and how you overcame it[55].

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## Day 56

---

GO OUTSIDE. LISTEN to the wind. Watch the sky and clouds. Smell the air. Is there something you can be grateful for after the walk?[56]

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## Day 57

---

SAY FIVE COMPLIMENTS to five complete strangers today. Record these compliments below. How did it make you feel?[57]



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## Day 58

---

WHAT IS YOUR FAVOURITE part of the day and why?[58]

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## Day 59

---

WHAT IS THE MOST MEMORABLE random act of kindness you have experienced? What was it? How did it make you feel?[59]

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Day 60 – Let's dream!

---

DREAMS – WHAT A SWEET word. But a dream can easily become a plan.

List here 10 things you want to achieve within a year[60]

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Part 3. Third month.

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## Day 61

---

WHAT WAS THE LAST THING you did that made you happy?[61]

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## Day 62

---

LIST TEN THINGS YOU'RE grateful for today.[62]

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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## Day 63

---

MAKE A LIST OF PEOPLE you love. Why do you love them? Try to expand past “because I do”, as then you’ll discover which character traits are important to you. [63]

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MAKE A LIST OF PEOPLE who love you.[64]



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MAKE A LIST OF PEOPLE you call friends.[65]

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## Day 66

---

REMEMBER WHEN ON DAY 3 we spoke about giving yourself a compliment and you were asked to list five things that you like about your body or appearance?

Let's expand that list today by adding ten more.[66]

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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## Day 67

---

ON DAY 4 WE SPOKE ABOUT character, asking to note three character traits that you're proud of. Hopefully, you've learned more about yourself in the last two months, so let's expand that list by noting ten more character traits that you are proud of[67].

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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## Day 68

---

NO MATTER HOW BAD THE weather is today, let's list ten things we like about today's weather. And if weather is glorious today, try this exercise again on a less cheerful day.[68]



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## Day 69

---

WHO ARE THE 3 MOST negative people you have spent time with?

Now list three positive traits in each of those people. Look for something positive even in the negative.[69]

1.

2.

3.

1.

2.

3.

1.

2.

3.

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## Day 70

---

TEN DAYS OF THE THIRD month have passed and now it's the time again to look back and reflect.

With increasing self-analysis, have you learned more about yourself? What about positivity exercises? Are you struggling to look for something positive in difficult people or in “bad” situations? Have you noticed a change in your mind set, an ease with which you are finding the positives? Answer the questions and note the progress.[70]

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## Day 71

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DO YOU HAVE A PET? Maybe you had one a while ago. Write below what you love(d) about your pet.[71]

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## Day 72

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LOOK IN YOUR FAMILY album and find your favourite photo. What memories does it evoke? Can you describe the day when that photo was taken?[72]



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## Day 73

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FIND FIVE THINGS TO be thankful for today.[73]

- 1.
- 2.
- 3.
- 4.
- 5.

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LIST FIVE THINGS YOU love about your job.[74]

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## Day 75

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REMEMBER WHEN THE LAST time you received criticism. How did it make you feel then?

But today list five things that you can take from that critique. Has your attitude towards that criticism changed?[75]

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HAVE YOU SMILED TODAY? What made you smile?[76]



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## Day 77

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OPEN YOUR WINDOW AND look into the night. Write down five positive emotions that that experience evoked in you.[77]

- 1.
- 2.
- 3.
- 4.
- 5.

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## Day 78

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GIVE SOMEONE A COMPLIMENT today. A bonus point if it is a stranger.[78]

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## Day 79

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WHAT WAS YOUR FAVOURITE childhood toy? Why? What positive memories does it carry?[79]

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## Day 80

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YOU HAVE WRITTEN A love letter to yourself. Today, move further. Write yourself a letter in which you forgive yourself.

Go as deep as your past or trauma allows you. Find something that you are ready to confront today, but be gentle with yourself. You've spent the last two months learning how to love and appreciate yourself – don't lose it.[80]



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WHAT WAS THE BEST PART of your day today?[81]

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## Day 82

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WHAT TEN THINGS ARE you grateful for today?[82]

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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## Day 83

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LOOK INTO YOUR PAST. Which five mistakes that you had lead to something great, fresh or exciting? Maybe you've made great as a result of taking a "wrong" turn or made a delicious cake by missing or adding an ingredient?[83]

- 1.
- 2.
- 3.
- 4.
- 5.

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## Day 84

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LIST FIVE BOOKS THAT changed your outlook on life.[84]

- 1.
- 2.
- 3.
- 4.
- 5.



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## Day 85

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WHAT TEN THINGS ARE you grateful for today?[85]

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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## Day 86

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MAKE A LIST OF PEOPLE who helped you in your life. List as many as you can remember, whilst noting the help.[86]

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## Day 87

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WHEN WAS THE LAST TIME you helped someone, no matter how small? What was it? How did it make you feel?[87]

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## Day 88

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WHAT TECHNOLOGICAL advancement are you most grateful for and why?[88]



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## Day 89

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FIND POSITIVES IN EACH season: spring, summer, autumn and winter.  
Aim for at least five and try to expand to ten on your least favourite seasons.[89]

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## Day 90 – Let's dream!

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TAKE THREE DREAMS FROM the Day 60, where we discussed dreams which we hope would become a reality within a year.

Pick the three you are most comfortable to explore further. Now, below each write ten steps you'd need to take to bring yourself closer to that dream, and that dream closer to reality.[90]

Dream One   Dream Two   Dream Three

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## Day 91

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USE THIS SPACE TO WRITE a letter to someone you admire or love. If you haven't had a chance to tell them how you feel or what impact they have made on your life, now is the time. You can share this letter with them (or not) – it's completely up to you.[91]

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## Day 92

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WRITE AN APOLOGY LETTER to someone you have wronged. Be kind to yourself and don't confront an issue you're not yet ready to face. Apologise, then forgive yourself and move on. Moving forward stronger, calmer and kinder.[92]



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## Day 93

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“DREAMS SUPPORTERS AND cheerleaders”.

Make a list of people around you who support you and your dreams. List what they did: it can be something tangible that they do to help you or could be as simple as saying that they believe in you.[93]

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## Day 94

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WRITE A LETTER TO A child you already have or might have some day.  
Show and share your love.[94]

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## Day 95

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WRITE A THANK YOU LETTER to today's day, thanking "today" for everything that was granted to you, for everything that has happened.[95]

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## Day 96

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WE HAVE WORKED ON ACCEPTING and forgiving ourselves, now let's try to forgive others.

Write a letter to someone who wronged you. Tell them about the hurt, but be ready to understand and forgive them. Please be careful not to give in to a trauma you're not yet ready to face.[96]



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## Day 97

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LOOKING BACK THROUGH the journal compile a list of things in your life you can be grateful for.[97]

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## Day 98

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LOOKING BACK THROUGH the journal, compile a list of people in your life you can be grateful for.[98]

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## Day 99

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LOOK BACK THROUGH THE journal and make a list of every new thing you have discovered or learnt about yourself. Concentrate only on positives.  
[99]

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## Day 100

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TODAY IS THE LAST DAY of the journal. You did phenomenal work. You should be proud of yourself. These last three months were a solid and conscious step towards amending your outlook on life, moving the dial of your attitude towards positivity.

Use this space to make gratitude resolutions for your future, making your positivity future-proof.



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## Reflection station

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USE THIS SPACE TO REFLECT on the entire process of the gratitude journaling: what you've learned and what you've discovered, especially noting a change in your outlook on life. Reflect on the last three months and record.

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## Notes

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## Notes

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[1] *WHAT WE THINK, WE become.* – Buddha

[2] Never regret anything that made you smile. – Mark Twain

[3] Hate comes from intimidation, love comes from appreciation. – Tyga

[4] One day the people that didn't believe in you will tell everyone how they met you. – Johnny Depp

[5] Don't you know your imperfections is a blessing? – Kendrick Lamar

[6] And still, I rise. – Maya Angelou

[7] Happiness depends upon ourselves. – Aristotle

[8] White is not always light and black is not always dark. – Habeeb Akande

[9] “The unthankful heart discovers no mercies; but the thankful heart will find, in every hour, some heavenly blessings”— Henry Ward Beecher

[10] Embrace the glorious mess that you are. – Elizabeth Gilbert

[11] It never failed to amaze me how the most ordinary day could be catapulted into the extraordinary in the blink of an eye. — Jodi Picoult.

[12] We should live every day like people who have just been rescued from the moon. — Thích Nhất Hạnh

[13] Nothing lasts forever but at least we got these memories. – J. Cole

[14] Surround yourself only with people who are going to lift you higher. – Oprah Winfrey.

[15] Simplicity is the ultimate sophistication. – Leonardo da Vinci

[16] Never regret anything that made you smile. – Mark Twain

[17] Laughter is the best medicine. – Unknown

[17] Laughter is the best medicine. – Unknown

[18] Enjoy the little things, for one day you may look back and realize they were the big things. – Robert Brault.

[19] Art washes away from the soul the dust of everyday life. – Pablo Picasso

[20] The individual has always had to struggle to keep from being overwhelmed by the tribe. If you try it, you will be lonely often, and sometimes frightened. But no price is too high to pay for the privilege of owning yourself. – Friedrich Nietzsche

[21] Everything you can imagine is real. – Pablo Picasso

[22] Acknowledging the good that you already have in your life is the foundation for all abundance. – Eckhart Tolle

[23] At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. – Albert Schweitzer

[24] The world has enough beautiful mountains and meadows, spectacular skies and serene lakes. It has enough lush forests, flowered fields, and sandy beaches. It has plenty of stars and the promise of a new sunrise and sunset every day. What the world needs more of is people to appreciate and enjoy it. – Michael Josephson

[25] Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some. – Charles Dickens

[26] Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful. – Buddha

[27] Every gift which is given, even though it be small, is in reality great, if it is given with affection. - Pindar

[28] To live is to learn and to learn is to live. – Plato



[28] To live is to learn and to learn is to live. – Riodate.

[29] Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude. – A.A. Milne

[30] Doubt kills more dreams than failure ever will. – Suzy Kassem

[31] Each life is made up of mistakes and learning, waiting and growing, practicing patience and being persistent. – Billy Graham

[32] To live will be an awfully big adventure. – Peter Pan

[33] Try to be a rainbow in someone's cloud. – Maya Angelou

[34] In life, one has a choice to take one of two paths: to wait for some special day—or to celebrate each special day. – Rasheed Ogunlaru

[35] "This is a wonderful day. I've never seen this one before." Maya Angelou

[36] May your choices reflect your hopes, not your fears. – Nelson Mandela

[37] Ego non adiciet ut resurgat (Latin) – I shall rise again.

[38] The meaning of life is to give life meaning. – Ken Hudgins

[39] Soul is at home in the deep, shaded valleys. Heavy torpid flowers saturated with black grow there. The rivers flow like warm syrup. They empty into huge oceans of soul. – Dalai Lama

[40] It hurt because it mattered. – John Green

[41] Literacy is a bridge from misery to hope. —Kofi Annan

[42] I think the first step is to understand that forgiveness does not exonerate the perpetrator. Forgiveness liberates the victim. It's a gift you give yourself. — T. D. Jakes

[43] Music is life itself. – Louis Armstrong

[44] Normality is a paved road; it's comfortable to walk, but no flowers

[44] Normality is a paved road: it's comfortable to walk but no flowers grow. – Vincent van Gogh

[45] We should certainly count our blessings, but we should also make our blessings count. – Neal A. Maxwell

[46] Forget yesterday - it has already forgotten you. Don't sweat tomorrow - you haven't even met. Instead, open your eyes and your heart to a truly precious gift - today. – Steve Maraboli

[47] You're braver than you believe, and stronger than you seem, and smarter than you think. – A.A. Milne

[48] In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact. – Les Brown.

[49] If opportunity doesn't knock, build a door. – Milton Berle

[50] The only real prison is fear, and the only real freedom is freedom from fear. - Aung San Suu Kyi

[51] May your choices reflect your hopes, not your fears. – Nelson Mandela

**[52] Hard work keeps the wrinkles out of the mind and spirit. – Helena Rubinstein**

[53] The only time you fail is when you fall down and stay down. – Stephen Richards.

[54] Never regret anything that made you smile. – Mark Twain

[55] When I started counting my blessings, my whole life turned around. – Willie Nelson

[56] The world has enough beautiful mountains and meadows, spectacular skies and serene lakes. It has enough lush forests, flowered fields, and sandy beaches. It has plenty of stars and the promise of a new sunrise and sunset every day. What the world needs more of is people to appreciate and enjoy it. – Michael Josephson

[57] Things turn out best for people who make the best of the way things

[57] Things turn out best for people who make the best of the way things turn out. – John Wooden

[58] Life, if well lived, is long enough. – Seneca

[59] If you can be anything, be kind. – Unknown.

[60] You are never too old to set another goal or to dream a new dream.

– C.S. Lewis.

[61] Every moment is a fresh beginning, – T.S Eliot

[62] Positivity always wins...Always. Gary Vaynerchuk

[63] Love for All, Hatred for None. – Khalifatul Masih III

[64] The best and most beautiful things in this world cannot be seen or even heard but must be felt with the heart. – Helen Keller

[65] Friendship is born at that moment when one person says to another, 'What! You too? I thought I was the only one. – C.S. Lewis

[66] Love yourself first, and everything else falls into line. You really have to love yourself to get anything done in this world. – Lucille Ball

[67] Love is an act of endless forgiveness, a tender look which becomes a habit. – Peter Ustinov

[68] I always like to look on the optimistic side of life, but I am realistic enough to know that life is a complex matter. — Walt Disney

[69] In order to carry a positive action we must develop a positive vision. — Dalai Lama

[70] Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so let us all be thankful. — Buddha

[71] Time spent with cats is never wasted. — Sigmund Freud

[71] Time spent with cats is never wasted. – Sigmund Freud

[72] A father's a treasure; a brother's a comfort; a friend is both – Benjamin Franklin

[73] May your choices reflect your hopes, not your fears. – Nelson Mandela

**[74] Attitude is a little thing that makes a big difference. — Winston Churchill**

[75] Positive thinking will let you do everything better than negative thinking will. — Zig Ziglar

[76] If you're reading this... Congratulations, you're alive. If that's not something to smile about, then I don't know what is. – Chad Sugg

[77] Wherever you go, no matter what the weather, always bring your own sunshine. – Anthony J. D'Angelo.

[78] A gentle word, a kind look, a good-natured smile can work wonders and accomplish miracles. – William Hazlitt

[79] One word frees us of all the weight and pain of life. That word is love. – Sophocles

[80] What is hell? I maintain that it is the suffering of being unable to love. – Fyodor Dostoevsky

[81] What is not started today is never finished tomorrow. – Johann Wolfgang von Goethe

[82] Normality is a paved road: it's comfortable to walk but no flowers grow. – Vincent van Gogh

[83] Like success, failure is many things to many people. With positive mental attitude, failure is a learning experience, a rung on the ladder, and a plateau at which to get your thoughts in order to prepare to try again.

**– W. Clement Stone**

[84] Never limit yourself because of others' limited imaginations; never

[84] Never limit yourself because of others' limited imagination; never limit others because of your own limited imagination. – Mae Jemison

[85] When things are difficult, smile by faith. Don't wait until you feel better. – Joel Osteen

[86] Great opportunities to help others seldom come, but small ones surround us every day. – Sally Koch

[87] He, who serves the most, reaps the most. – Jim Rohn

[88] Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never have enough. —Oprah Winfrey

[89] Every season is one of becoming, but not always one of blooming. Be gracious with your ever-evolving self. — B. Oakman

[90] A man is not old until regrets take the place of dreams. – John Barrymore

[91] Winning is fun, but those moments that you can touch someone's life in a very positive way are better. – Tom Howard.

[92] You don't have to see the whole staircase, just take the first step. – Martin Luther King, Jr.

**[93] To accomplish great things, we must not only act, but also dream; not only plan, but also believe. – Anatole France**

[94] Love is not only something you feel, it is something you do. – David Wilkerson

[95] Feeling gratitude and not expressing it is like wrapping a present and not giving it. – William Arthur Ward

[96] If you want to turn your life around, try thankfulness. It will change your life mightily. – Gerald Good

[97] He is a wise man who does not grieve for the things which he has not

[97] He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has. – Epictetus

[98] I truly believe we can either see the connections, celebrate them, and express gratitude for our blessings, or we can see life as a string of coincidences that have no meaning or connection. For me, I'm going to believe in miracles, celebrate life, rejoice in the views of eternity, and hope my choices will create a positive ripple effect in the lives of others. This is my choice. – Mike Ericksen

[99] We just need to be kinder to ourselves. If we treated ourselves the way we treated our best friend, can you imagine how much better off we would be? – Meghan Markle

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## **About the Author**

Olga Gibbs is an author, a creative writing coach and a writing mentor, studying for her Masters in Creative Writing, with a background in adolescent psychology and mental health, with years of experience working

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