

# GRATITUDE JOURNAL

with

YourEssence

Gratitude  
unlocks the  
fullness of  
life.

-Melody Beattie



# WHY GRATITUDE?

Even though you actually have most of what you need and a lot of what you want in life, do you still feel negativity and unhappiness within?

There are good things happening all around you. People love you. There's food on the table. You have a bed to sleep in and a roof over your head, but it never seems enough.

So if you come to think of it, the antidote to our unhappiness isn't the newest thing, the latest diet fad, or the next achievement.

The antidote is **GRATITUDE**



# WHY GRATITUDE?

Gratitude for what you have right now.

Gratitude for the people in your life. Gratitude for all good things that are available to you in this moment.

Being grateful isn't an idea you stick on a Post-It note for a quick shot of feel-good, it is a gradual process that originates from within.

Gratitude can transform you. It can pull you from the vortex of negativity that is sucking the life out of you, and give you a renewed sense of purpose and joy.

POSITIVE  
;VIBES;



# WHY GRATITUDE?

Still feel unsure of how gratitude could help you? Here are a few ways gratitude will lead to improvements in both your psychological and physical well-being.

## **1. Gratitude increases happiness.**

When you regularly practice gratitude, it makes you happier because you develop an appreciation for everything positive in your life instead of taking it for granted.

## **2. Gratitude helps you cope with major life challenges.**

Trauma, stress, and negative life events can have the counterintuitive effect of making us feel more grateful.

## **3. Gratitude fosters empathy.**

Gratitude inspires you to be less materialistic and more inclined to help others. As you focus on your own blessings, you become keenly aware of what other people don't have.

# How to build GRATITUDE?

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**Step #1 :** Focus on building just the Gratitude habit, instead of trying to build multiple habits at the same time.

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**Step #2 :** Anchor Gratitude to an Established Habit. When anchoring, your goal is to practice gratitude before or after you complete one of these habits :-

- Drinking your first cup of tea (or coffee) in the morning.
- When your alarm clock goes off.
- Before or after you finish a specific meal (breakfast, lunch or dinner).

## **Step #3: Track the Gratitude Habit.**

It's not enough to anchor gratitude to another habit, you also need a mechanism to reinforce this behavior daily.

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**Step #4:** To gain the full benefit of gratitude, consider practicing throughout the day especially when you're anxious or stressed.

For example, whenever you:

- Feel anger at an insignificant event.
  - Get annoyed during a daily commute.
  - Get into an argument with an important person in your life.
  - Are enjoying a small moment with a friend or family member.
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## **Step #5: Reward Yourself for Consistency**

Create a reward system based on the number of days you've successfully practiced this behavior.

Gratitude  
helps us to see  
what is there  
instead of what  
isn't.



# What am I GRATEFUL for & Why?

Personal strengths that  
I'm grateful for..

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# What am I GRATEFUL for & Why?

People in my family  
that I'm grateful for..

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# What am I GRATEFUL for & Why?

Friends in my life  
I'm grateful for..

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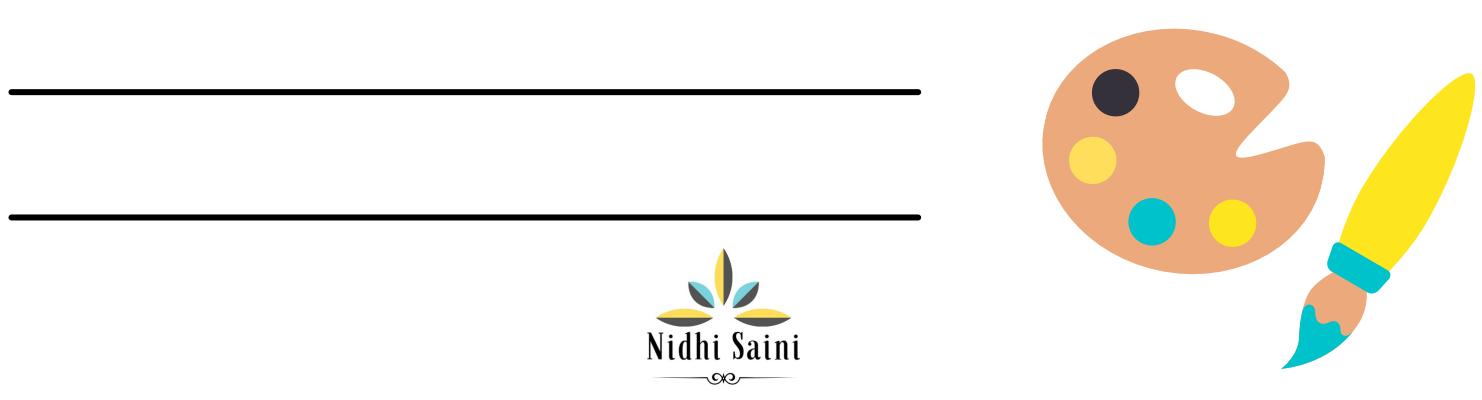
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# What am I GRATEFUL for & Why?

# Activities that I'm grateful for..

A vibrant illustration of a woman in mid-air, performing a dynamic yoga pose. She is wearing a teal tank top and yellow leggings with a blue speckled pattern. Her left leg is extended upwards and to the side, while her right leg is bent at the knee. Her arms are raised, with her hands reaching towards her left foot. The background features a series of horizontal black lines, suggesting a minimalist studio or a wall. The woman is standing on a teal mat with a similar blue speckled pattern.



# What am I GRATEFUL for & Why?

# Activities that I'm grateful for..

A vibrant illustration of a woman in mid-air, performing a dynamic yoga pose. She is wearing a teal tank top and yellow leggings with a blue speckled pattern. Her left leg is extended upwards and to the side, while her right leg is bent at the knee. Her arms are raised, with her hands reaching towards her feet. The background features a white wall with six horizontal black lines, and the floor is a teal mat.



# What am I GRATEFUL for & Why?

Books that  
I'm grateful for..

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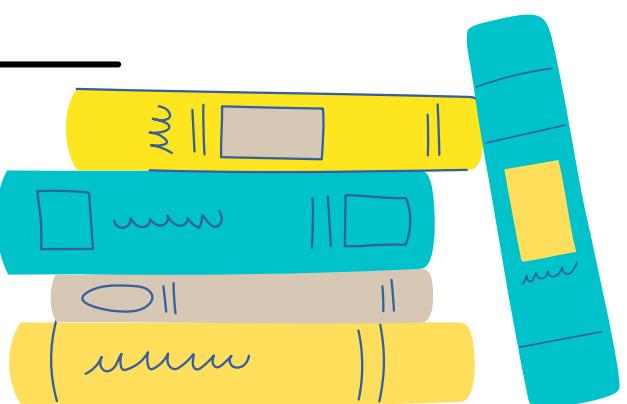
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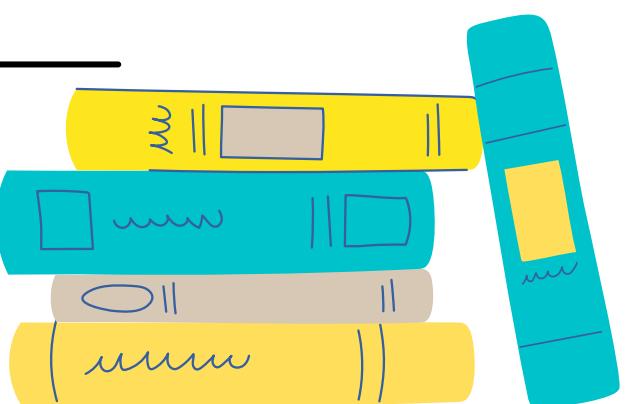
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# What am I GRATEFUL for & Why?

Places that  
I'm grateful for..

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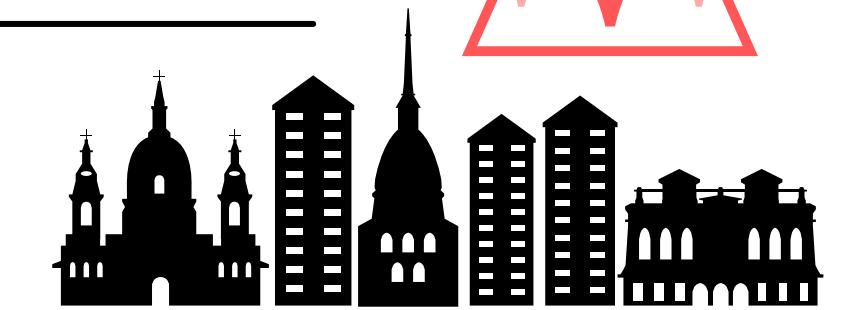
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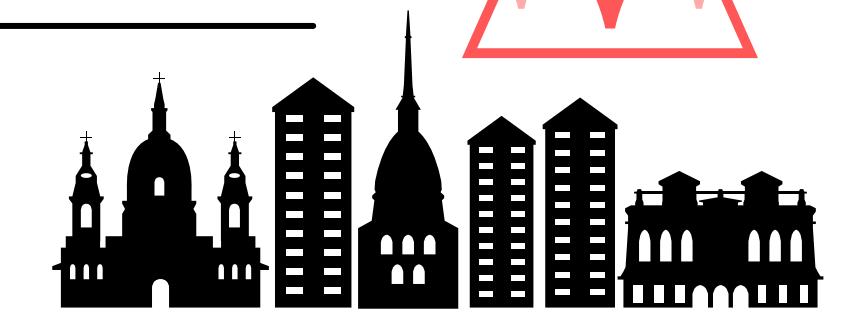
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# What am I GRATEFUL for & Why?

Food that  
I'm grateful for..

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# What am I GRATEFUL for & Why?

Experiences that  
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Experiences that  
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# What am I GRATEFUL for & Why?

Things in my  
environment that I'm  
grateful for..

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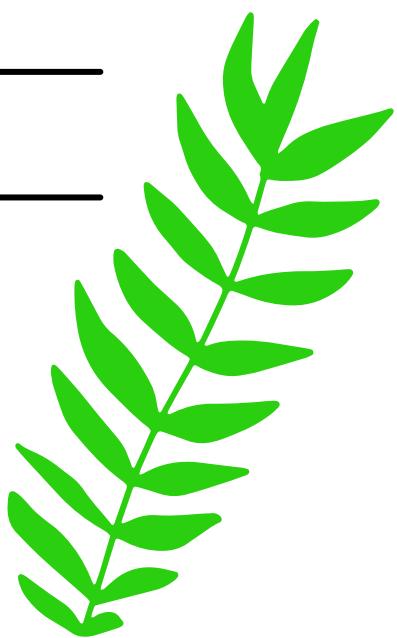
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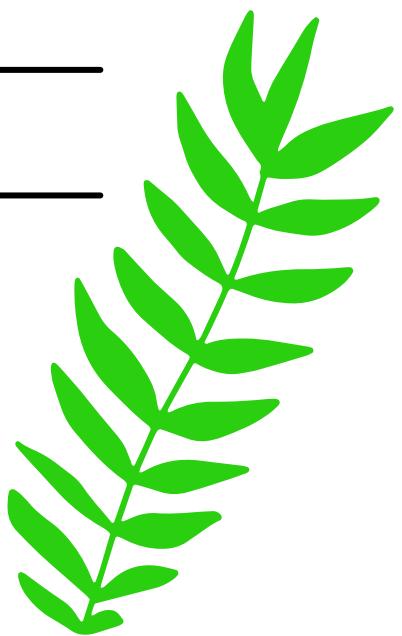
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# What am I GRATEFUL for & Why?

Things I love about  
my life..

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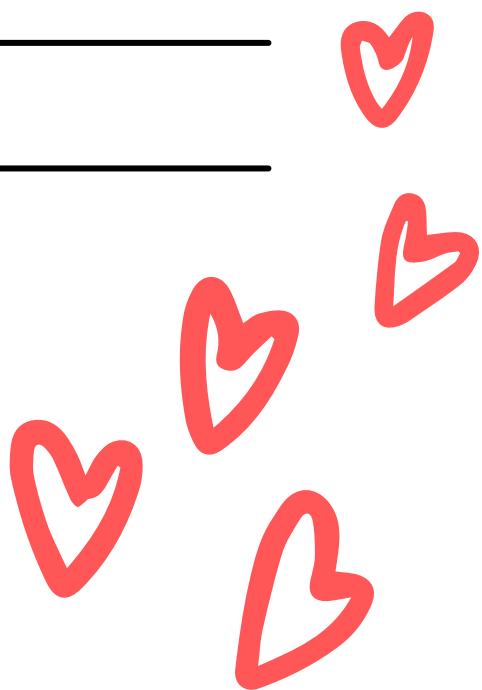
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Things I love about  
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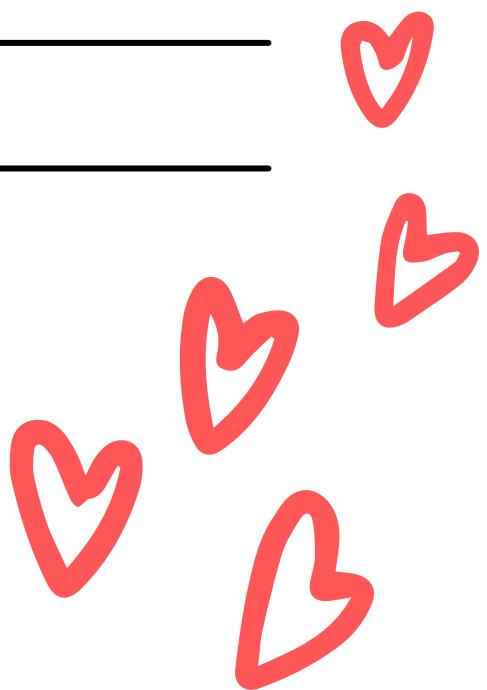
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Gratitude is  
the gateway  
to a positive  
life.





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Nidhi Saini

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