

GRATITUDE JOURNAL GUIDELINES

- In a dedicated spiral notebook or journal, write down 5 things you are grateful for every day. It is suggested that if you do this just before sleep, those thoughts of gratitude will be reinforced through repetition while you sleep!
- Questions to help you generate ideas:
 - What if you only had those elements in your life *today* that you expressed gratitude for *yesterday*?
 - Who or what inspired you today?
 - What brought you happiness today?
 - What brought you comfort and deep peace today?
 - Who are you grateful to have as a friend/coworker/family member, etc.?
 - When you eliminate all blame, what shows up?

*He who blames others has a long way to go on his journey.
He who blames himself is halfway there.
He who blames no one has arrived.
-Chinese proverb*