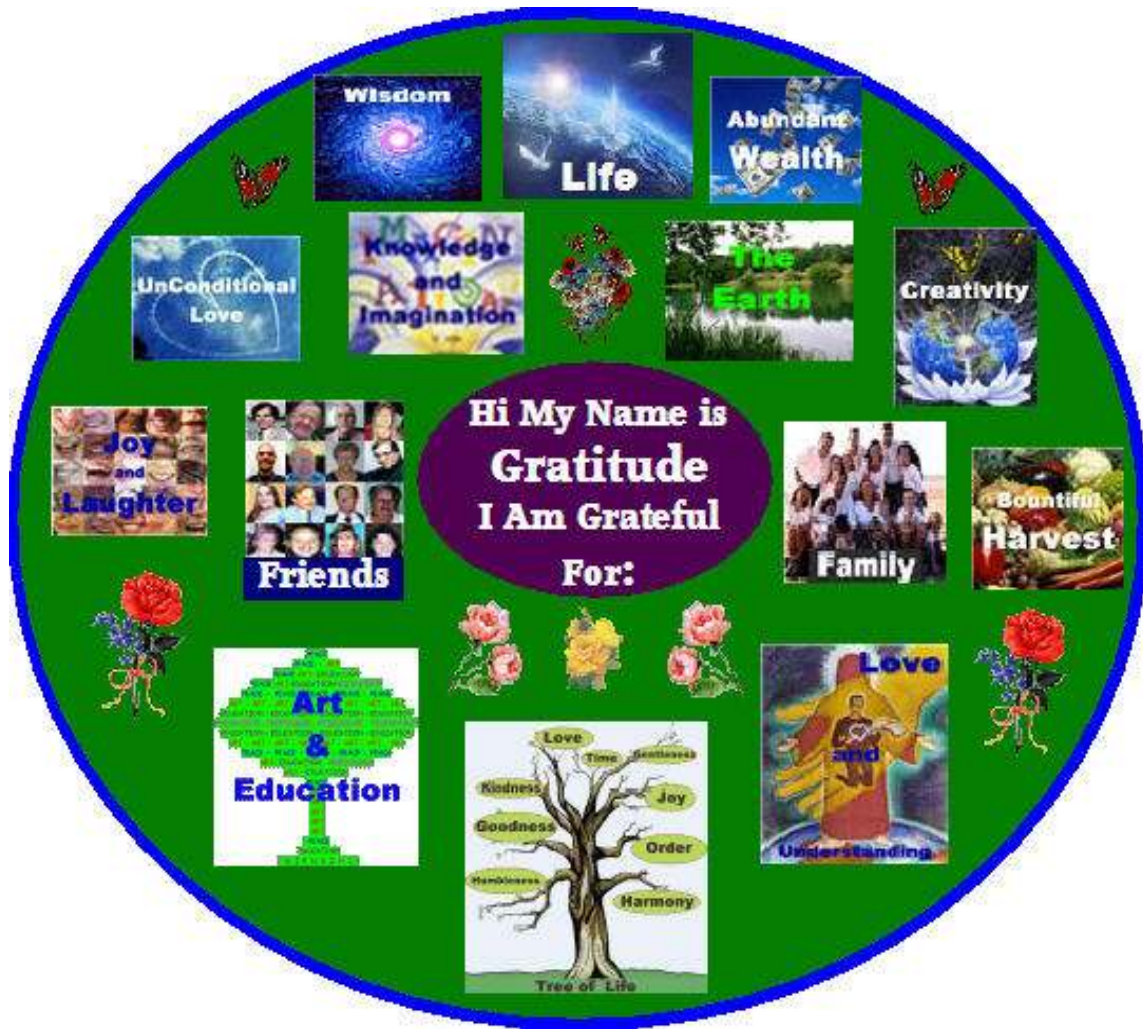


# Gratitude Journal



This Journal Belongs To:

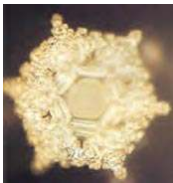
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# How to Create Your Gratitude Journal

Make a list of everything for which you are Thankful. Leave nothing out. Remember it is the Attitude of Gratitude that works like a powerful magnet to Attract more of what you are Grateful into your life.

Creating a Gratitude Journal is about personal growth and self development. This could quite possibly be the most important thing you have ever done for yourself. Studies show that doing so raises people's life satisfaction, improves health, increases energy, reduces troublesome thoughts, and promotes better sleep. Gratitude may seem like a simple emotion. However having an attitude of gratitude inspires kindness, connection, and transformative life changes. At the end of a 10 weeks, done at Berkeley participants who'd kept a gratitude journal felt better about their lives as a whole and were more optimistic about the future.

Even water responds to thoughts of love and gratitude. The photographs and information in this article reflect the work of Masaru Emoto. His work has been published in the book "The Message from Water." If you have any doubt that your thoughts affect everything in and around you the information and photographs that are presented here, taken from the book of Emoto's published results, will change your mind and alter your beliefs, profoundly.



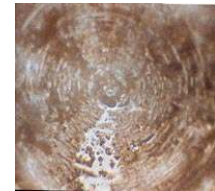
Love & Appreciation



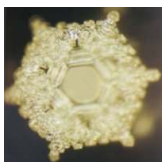
Thank You



You Make Me Sick, I Will Kill You



Heavy Metal Music



Love plus Gratitude



Water from Fujiwara Dam before being blessed



Water from Fujiwara Dam after being blessed

Never under estimate the power of Gratitude and Thanks Giving  
There is more than enough research that proves the power of Gratitude.

**Gratitude is a Power.** Upon awakening every morning, make the decision to look for things to appreciate that day. There is always something to appreciate and be grateful for. Give thanks for the day, your family, your life, and your blessings, whatever they may be. Start small and watch your gratitude list grow. Later, at bedtime, before drifting off to sleep, acknowledge at least Seven things every day that you were grateful for. Do this every day. It's easy and only takes a couple of minutes to complete.

Instead of mumbling "Oh God, I have to get up now" or something similar when you awaken, try a different approach. Set your intentions for the day. You might say something like "Today is a new day of greater joy and freedom!" or use one of your own that has a personal meaning and resonates more powerfully for you. After you set your intentions for the day, it can be helpful to repeat them throughout the day, with as much feeling as possible. Your spoken words, combined with your feelings and emotions, have tremendous power.

**"Gratitude** turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow."

Gratitude is the First step in Creating the Life you Desire. All other principles that work to transform your Life cannot and will not grow and flourish without Gratitude. Begin each day with the Attitude of Gratitude.

## **Why ?**

Because “ Every time you give forth Praise and Appreciation for or about something or someone, You are in fact telling the Universe : “ MORE OF THIS PLEASE”

## What could be more powerful than that ?

Everyone has days when it feels like everything is going wrong, nothing good is happening. Having a Gratitude Journal works to help you through those days. There is always something each day that we can find to be grateful for when we look for it. Learning how to live each day with the attitude of gratitude and appreciation is perhaps the most important thing that everyone needs to learn. As with all development nothing is accomplished without practice. Everyone can look for things to appreciate in every circumstance or situation. Gratitude is the forerunner of Appreciation. Everyone is familiar with the concept of gratitude. Meaning that you are aware of the good things in life. Appreciation goes even farther. It actively seeks that which is good, even in situations where the good is far from being obvious. Genuine appreciation can value just about anywhere.



**Examples:** You a friend invites you out to dinner and a movie. It was pleasant and enjoyable catching up over dinner and spending time with your friend. However the food and movie your friend choice were awful. If you say to yourself “What a great evening” you are not being truthful. It is better to be sincere and focus on what you did like or appreciate by saying, “I enjoyed our chat over dinner. It was great spending time with you and hearing about what you have been doing lately.”

Your spouse is in a bad mood, remind yourself of all that you do appreciate about him/her and your relationship. This will keep you emotionally steady, even during times when your spouse appears to be exasperatingly unbearable.

You are at supermarket and the lines are exceptional long and you are in a hurry because you have another appointment and you do not want to be late. Not much to be grateful for, right? Actually, there is plenty to appreciate if you are willing to look. This time allows you to appreciate that you a place to go to purchase your daily sustenance. This time allows you the means to practice the art of blessing those around you and to reflex on what is important to you. If you are feeling rushed by so much to do this allows you the time to relax in the moment and just be where you are.

When you practice appreciation long enough it becomes your basic approach to life.

The best strategy:

- Play “**the appreciation game.**” Make a game of seeing how many things you can find to appreciate in every situation, good or bad.
  - Instead of dwelling on conflicts that occur with family and in the work place, find something to appreciate about each one.
  - Always be genuine never false. Do not simple mouth thanks the things you do not feel appreciation for or for gratitude of non exist support. YOU have got to FEEL appreciation for it have an impact in your life.

When you truly appreciate something or someone the differences of opinions become opportunities to find satisfactory solutions. Think of a time when you felt truly appreciated by someone. Did you want to do less – or – more – for that person?

It is difficult to feel appreciation when your are in pain whether emotional or physical. In fact it may seem impossible. But this is when your body needs to feel appreciated more than ever. To tap into it, you must learn to think Wellness, not illness. To do this consider all the parts of your body that are working away, business as usual.

Suppose you have a splitting headache. You can tune into the fact that your heart is still pumping blood through the vast, network of arteries and your digestive system is still turning your food into energy that allows you to function here.

Even when seriously ill, you can appreciate the loving attention of your caregivers, the comfort of your bed and the life force within your body that is working to restore your health.

Research has found that you can actually lower the blood pressure and stabilize the heart rhythm by adopting an attitude of gratitude and appreciation rather than chronically complaining about problems. No one is telling you that learning how to find something to appreciate in every situation is an Easy task. If it was that easy then more people would be doing it. People like to take the path of least resistance. The fact is what you resist persist.

One thing you must remember is to always be sincere. Just saying "I am grateful" will do little in transforming your life that is not sincere heart felt gratitude. Always keep in mind that everyone has the right to live his/her life as they choose. If then you would know The Secret where by You are attracting all things to you and stand conqueror over all circumstances. It is the secret of giving thanks continuously. The POWER of GRATITUDE is amazing!! Gratitude is the Vehicle for bestowing a blessing on the object of our thanksgiving. Thus, when you appreciate a person, place, or thing, you are aligning yourself with and recognizing the Spirit within that person, place, or thing. As you master the art of gratitude and appreciation you will soon find yourself moving in the direction of all that your heart desires. You will find yourself experiencing more of the things that you are not currently experiencing. In learning to give praise for what you now have you are activating the axiom "To him that has, more will be given." Gratitude is the great multiplier. When you learn to give thanks for what you have and what will be, you are aligning yourself with the forces of the universe to deliver to you the divine fulfillment of all your dreams on the wings of faith and trust.

So when you resist learning how to have an attitude of Gratitude and Appreciation then you will continue to find plenty of things to complain about. Always remember Practice, Practice, Practice. No one becomes a master at anything without putting into practice that which he/she is trying to learn how to do. NO matter what it is.

Some ideas to help get you started:

I feel good about \_\_\_\_\_  
What I did today to brighten someone's day \_\_\_\_\_  
I finished writing my goals for this week, month or year \_\_\_\_\_  
I have plenty eat and share with others \_\_\_\_\_  
Today I appreciate that I am learning how to be grateful \_\_\_\_\_  
I feel good about learning how to look for things to appreciate in my life \_\_\_\_\_  
I appreciate modern conveniences like, washing machines, refrigerators, transportation all the things that make life easier and more pleasant \_\_\_\_\_

USE YOUR IMAGINATION think of as many things as you possible can for which you are grateful and that YOU do appreciate. Always remember to be sincere never make a statement which you do not truly mean. When it comes to Gratitude and Appreciation it is not a numbers game. It is about being genuinely sincere and truthful with yourself. There is not time like the present to start putting into Practice The Art of Gratitude and Appreciation. And make no mistake it is a Skill that must be practiced in order to learn it.

One way to start that has proved to be very effective is by having a Gratitude Journal, where you take a few minutes at the end of each day and write down at least 7 things that happened or that you did for which you either felt good about or was glad it happened. If by chance you cannot think of 7 things always remember that you can be grateful that you at least working on learning how to be grateful. It is not about numbers it is all about YOU and how you live each day of your life. People that are sincerely happy always find more things to be happy about and they have more energy to do the things they enjoy doing than those who are not happy.

### **Creating a Gratitude Journal is really very simple.**

Everyday there are things that happen to us, and for us, that make us grateful. Sometimes, we even find, that after the passage of time, we become grateful. Take time today, tomorrow, and the next day to think about for what or whom you are grateful. Then write it down in your journal.

You can start keeping a journal where you date and write in daily, weekly, about what you are grateful for, why and the circumstances that created the gratitude. This becomes a story and record of your feelings and warm experiences of what you have given, and also what you have received.

### **Materials needed for creating a Gratitude Journal are:**

- No 1. A willing spirit to post everyday
- No 2. A notebook either one purchased or one you create for yourself.
- No 3. pens and pencils ( of several colors )
- No 4. Do not read what you have posted the day before for 3 months. Then go back and reread what you wrote. Be aware of all attitude shifts. How you feel about things in your life now as compared to 3 months ago.

### **Examples:**

12-30-05 Today I am grateful for  
Today I happy that I finished cleaning the garage  
I enjoyed having time to myself today  
Isn't it wonderful today I get to practice the art of being thankful  
Isn't it wonderful that today I understand gratitude is an attitude that I can  
use to transform my life, world and affairs

You may wonder, "What is my answer?" Your may be "I am grateful for today." Then you realize there are so many people, places and things for which you are grateful. Everyday the list grows.

**This can be anything, family, friends, work, music, health, rest, play, the future, etc.**

- "Today I am grateful that I get to spend time with my family."
- "Today I am grateful that I can continually forgive myself and others."

- "Today I am thankful for a generous heart that loves to spill over to others...and is constantly replenished by my beautiful family."
- "Today I am grateful for libraries, and the Internet, and transportation which constantly open new vistas in my horizon and let me appreciate this vast world and its infinite knowledge and power available to all those who are curious enough and ambitious enough to embrace them."
- "Today I am grateful for modern technology."

**"Gratitude unlocks the fullness of life.  
Gratitude makes sense of our past, brings peace for today  
and creates a vision for tomorrow.**



**There is never a better time than the present for being grateful.  
There is never a better time than now for developing the attitude of praise and appreciation.**



**The Gratitude page below is for you. Print several copies and put them in a folder  
(Date goes here) Fill in the Blanks List as many things as you think of**



**Date**

( )

1. Today I am grateful for \_\_\_\_\_

2. Today I am grateful for \_\_\_\_\_

3. Today I am grateful for \_\_\_\_\_

4. Today I am grateful for \_\_\_\_\_

5. Today I am grateful for \_\_\_\_\_

6. Today I am grateful for \_\_\_\_\_

7. Today I am grateful for \_\_\_\_\_

8. Today I am grateful for \_\_\_\_\_

9. Today I am appreciate \_\_\_\_\_

10. Today I am appreciate \_\_\_\_\_

11. Today I am appreciate \_\_\_\_\_

12. Today I am appreciate \_\_\_\_\_

13. Today I am appreciate \_\_\_\_\_

14. Today I am appreciate \_\_\_\_\_

15. Today I am appreciate \_\_\_\_\_

16. Today I am appreciate \_\_\_\_\_



**This Gratitude Journal is Free to Giveaway.  
It is to remain a Free Gift and Never to be sold.**

**You are Free to make as many copies as you want to and give to others**

**Pass the word around get the News out to as many as possible about how,  
Developing and having the **Attitude of Gratitude** is one of the  
most important things that anyone can ever learn. If not the  
most important. Because it is changing lives **Everyday for  
those who are using it.****

**Having an attitude of Thankfulness is a universal principle that works for  
everyone who learns it and puts it into daily practice. Doing so it works for you  
and never against you. Principles are universal laws that work in the exactly  
same manner for everyone who learns them and uses them. Principles are never  
dependant on who uses them. They just work because they are Universal Law.**

### **Glossary of Terms**

**Attitude: (noun)** a position assumed for a specific purpose, a positive or negative or hostile state of mind, a mental position with regard to a fact or state, a feeling or emotion toward a fact or state, a state of readiness to respond in a characteristic way to a stimulus (as an object, concept, or situation)

**Gratitude: (noun)** the state of being grateful, thankfulness, appreciative of benefits received, affording pleasure or contentment, pleasing by reason of comfort supplied or discomfort alleviated, well pleased, glad, happy

**Appreciation: (noun)** to grasp the nature, worth, quality, or significance of, to value or admire highly, be fully aware of, to recognize with gratitude, to increase the value of.

**Thankfulness (noun)** conscious of benefit received, expressive of thanks, well pleased, glad, happy.

**Praise: (verb)** to express a favorable judgment of, to commend, to glorify, especially by the attribution of perfections.

Other E-Books and Products of Interest are:

**How to use the Color of Food to Promote Health and Wellness**

**<http://121xtreamglobal.com/sales/cfood.html>**

**Healthy Living**

**<http://121xtreamglobal.com/sales/health.html>**

**Emotional Freedom Techniques**

**<http://livingbeyondtheordinary.com/EFT.html>**

**Think Right Now**

**<http://touchofmagic101.com/thinkright.html>**

**Higher Awareness**

**<http://livingbeyondtheordinary.com/higherawareness.html>**

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