



Gratitude Journal

Gratitude helps to raise your vibration, increases positive energy, attract loving things, and increases creativity.

Before you go to bed every night, or while you're doing your morning pages, reflect on the day (if you do it first thing in the morning reflect on the day before), then write 10 things you are grateful for. You can be thankful for your family, friends etc. Get very specific, such as, "I am thankful that I got to work on time today, even though I got up so late this morning."

The more specific you are each day, the better, and try to have different things to be grateful for each day.

The Gratitude Challenge

Write 100 things you are grateful for. This will be a challenge, but something worth doing. It will really make you stretch, and allow you to get really specific about all of the wonderful things that may get overlooked the majority of the time. Whatever you do, don't cheat yourself by giving up before you have all 100 items written down.

