

The 90-Day
Grow Your Gratitude

Guided Journal



Why Do You Need More Gratitude

Do you often feel like the world around you is surrounded by standards and negativity?

Every day around the world - bad news, political unrest, and catastrophic world events litter all of the world's public media outlets. They invade our inboxes and social media feeds with updates on the newest life threatening whatever, advertisements for products we should buy to feel better about ourselves, and all the reasons why we aren't attractive, wealthy, or successful enough.

We are constantly dealing with the pressures of negativity, yet it is truly crazy how most people are addicted to the information that is feeding their inner anxiety and unhappiness.

What if you turned off the television, shut down your phone, and shutdown your computer - would life seem so bad?

I bet, you have most of what you need and a lot of what you would like to have in your life already. 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.

The magic to unhappiness isn't the newest thing, the latest fad diet, or the next achievement. Strip all that away and you will realize truly what you have in your life is already enough.

The magic is in 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. There's a reason (many reasons, in fact) why you are hearing it often.

Gratitude can transform you. It can pull you from the Rabbit hole of negativity and give you a renewed sense of purpose and joy.

The easiest way to practice gratitude is to turn it into a daily habit—specifically through the book you're
Just downloaded: [The 60-Day Grow with Gratitude Journal](#).

This journal is the result of my own personal experience in wanting to learn about the power of becoming more grateful.

Let this be your personal tool for developing the skill of becoming more grateful for what you really have in your life.

- You can use it to focus your attention on what is going right now in your life.
- You can use it to steer your focus away from particular things that are not going well in your life right now.
- You can use it as a self care practice, insight development, or simply because it allows you the opportunity to tune in with all your blessings.
- You can use it to pause for a few minutes every day and truly appreciate all that you have.

If you make the commitment to complete the entire journal, you'll have a written testament of all the wonderful things that are thankful for. Whenever you feel frustrated or anxious, you can review this journal and recognize that life is pretty good.

Are you ready to dive in?

The 9 Benefits of Practicing Gratitude

#1. Gratitude increases your happiness.

When you regularly practice gratitude, you start to notice that you're surrounded by a lot of greatness. More often than not, these are the things that you may have taken for granted in the past. When you re-learn to see them as blessings, you truly appreciate them and your levels of happiness increase.

#2. Gratitude improves your mental health.

If you're tired of feeling anxious, dissatisfied, frustrated, or are constantly filled with unhappy emotions - gratitude can be the key to pulling you out of that hole by reducing stress and unhappy emotions.

#3. Gratitude helps you reconnect with positive experiences.

We all have our favorite memories. Maybe they include meeting your spouse or partner, seeing the birth of your child (or children), celebrating big milestones or achievements, or taking the vacation of a lifetime.

Sadly, once those experiences have come and gone, we rarely take the time to think about how amazing they were. Even when good

things happen, we are often so distracted that we don't fully experience the joy of that moment.

By tuning in to the present moment, you will gain appreciation from every experience. Just reminding yourself to stop and feel grateful gives you a boost and enhances the richness of wherever you are in your life.

#4. 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. However, it is in practicing gratitude, that we are able to take the first steps out of those life events.

#5. Gratitude fosters resilience.

When you are grateful for what you have, you are better able to overcome negative events in your life. Despite bad things happening, you are able to recognize because of gratitude you will survive and even thrive.

With the practice of gratitude, you build your inner coping muscle, allowing you to manage life's difficulties with less emotional trauma. This takes practice, but really is true.

#6. Gratitude boosts your self-esteem.

Practicing gratitude allows you to reflect on your achievements, the important people in your life, and the blessings you encounter every day. When you intentionally focus on these things, you're able to see

how much you have done and the personal power you have to make good things happen in your life.

Your hard work has resulted in exactly where you are today. Your love, devotion, and presence have helped build a strong and secure family. Your efforts in school and past jobs have landed you the knowledge and experience you have. Expressing gratitude for all your own skills, interests, and achievements will boost your feelings of self-worth.

#7. Gratitude fosters empathy.

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

When you feel grateful for easy access to food and water, you might be inspired to help someone who doesn't. As you express gratefulness for your wonderful friendships, you might decide to reach out to someone who is lonely.

The practice of gratitude has a ripple effect, making you more aware of the feelings and suffering of others long after you practice it. You become a more compassionate person all around.

#8. Gratitude gives you a better night's sleep.

Do you often lie in bed wide-eyed, worrying about your problems? If this is you, a simple way to calm your anxieties is to practice gratitude before you go to sleep or if you wake in the middle of the night.

#9. Gratitude strengthens relationships.

- Do you want a happier, stronger marriage? Focus on your partner's good qualities and the positive aspects of your relationship, rather than dwelling on what's missing or not working well.
- Do you want closer friendships? Let your friends know how much you appreciate them, and how grateful you are to have them as friends.
- Do you want more success at work? Tell your boss and coworkers how thankful you are for their support and hard work.
- You don't even need to tell people you're grateful (although it's a nice thing to do) in order to benefit. Just feeling gratitude for these people will improve your relationships with them.

Gratitude strengthens feelings of intimacy and connectedness with others. The closer you feel with the important people in your life, the more you will discover and enjoy about them—which in turn gives you more to feel grateful about. Having close relationships is a huge factor in lifelong happiness and health.

As you can see, you'll enjoy many benefits by regularly practicing gratitude. Now let's talk about how to incorporate this habit into your busy schedule.

How to Build the Gratitude Journaling Habit

Here's a simple seven-step process.

Step #1: Focus on Building Just the Gratitude Habit

One common mistake is trying to build multiple habits at the same time.

Our willingness is like a muscle. It weakens throughout the day because of constant use. You use your willingness when you make dozens of decisions each day. Your willingness to concentrate at work. Your willingness to resist eating junk food. Your willingness to resist arguing at others when you're tired from a long day of work. Depending on your character, there are only so many "new" things your willingness can handle at once. AND this is an important one to learn.

If this is your first step into journaling, I strongly recommend that you work on building only the gratitude practice for the next month. This will increase the likelihood that you'll make this habit stick!

Step #2: Commit to **30** (or more) Days.

Knowing what gratitude is as being able to apply to your life when it most counts is a no joke skill. Practice makes - *the skill of being grateful* - a blessing when you find yourself in a dark chapter and are able to use it to identify what you are truly grateful for amongst the rubble. Trust me here.

It might take you a few attempts to turn journaling into long term behavior. It is said that it takes twenty-one days to build a habit, but for some it can take up to sixty-six days.

The truth is that the length of time varies from person to person and from habit to habit. You'll find that some habits are easy to build, while others require more effort. My advice is to commit to gratitude for the next thirty days at a minimum. I invite you to schedule 5-10 minutes, daily to write in this journal.

Step #3: Add This Practice to an Established Habit.

Practicing gratitude shouldn't be based upon motivation, fads, or temporary desire. It should be integrated in your life in a way that allows the behavior to become automatic. To do this, add this practice a habit you already do daily. For example: to a morning routine, during your lunch break, or before you go to bed. This will help you remember to do it, as it becomes an extension to that already established habit.

There are countless options for picking an established habit. The trick is to identify an action you do every single day and attach the journaling to that. When you pick the right habit, you'll discover that it's not hard to turn gratitude into an automatic behavior.

Step #4: Plan for Potential Obstacles

With any new habit, you'll face obstacles—even with journaling. While this practice might seem simple to complete, there will be days when it seems impossible to carve out an extra 5-10 minutes.

You'll probably encounter obstacles like:

- Telling yourself you do not have enough time.
- Feeling too self-conscious with certain prompts.
- Forgetting to pack The 90-Day Grow with Gratitude Journal if you go away overnight or for several days.
- Feeling too angry (or sad, upset, stressed, etc.) to practice gratitude.
- Struggling to think of unique ways to express gratitude.

The key to overcoming (or even preventing) these obstacles is recognizing that they happen to all of us. Once you do, you can create a specific plan for how you'll handle each of the challenges that you may experience. The *if, and then technique* works well for this.

Here are a few examples:

- "If I keep forgetting to practice gratitude, then I will schedule this habit for earlier in the day where I have more time."
- "If I can't think of anything to be grateful for when journaling, I'll write down ideas as they come to me throughout the day."
- "If I have a bad day and don't feel in the mood to journal, then I will simply focus on trying to find just one positive thing to write about."
- "If I forget my journal, then I will keep a list of reasons to be grateful on my cell phone, and update the journal when it's available."
- "If I find myself stressed or angry at the world, then I will pause for a few seconds to look for something positive about how I'm currently feeling." When you have a plan, you can overcome any obstacle that comes your way, and know how you'll respond to each situation.

Step #6: Practice Gratitude Throughout the Day

One of the key strategies for habit development is taking small steps when building new behaviors, and I have put this together to be as easy as possible.

Each day, you'll respond to three simple prompts, which take no more than ten minutes to complete.

That being said, to gain the full benefit of gratitude, maybe you want to consider practicing throughout the day—especially when you're anxious or stressed.

I would like to invite you to - also - practice gratitude 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.
- Step into a particularly challenging obstacle.

There are countless ways to experience gratitude in your life. The trick is to pause for a few seconds and think about what is wonderful at that very moment.

Now that you have an idea as to why gratitude is important and how to turn it into a daily habit - let's dive into the three prompts that are included in this journal and get you writing.



How to Use The Grow your Gratitude Journal

In this 90-day journal you'll answer three questions. Each day should not take more than ten minutes to complete.

- Two prompts will be the same every day
- One prompt will be a unique question that challenges you to think about a specific aspect of your life.

Let's take a closer look at the three prompts and why each of them is important.

Question 1: "I am grateful for , because ."

This question is to not only describe what you're grateful for, but also to take the time to consider the actions that led to this good result. When you begin to see a positive correlation between your actions and certain events, you'll do more to attract these good things into your life.

The purpose here is to challenge you to be ultra-specific about what you're currently grateful for. This means you'll describe how a person, event, or item has benefited your life, and in what ways you have been helped.

There are many things to be grateful for:

- Specific people in your life. Equally important are the people who cause you negative emotions. There is always a lesson to be learned from every interaction you have with others.
- Certain possessions. You can journal about items that have enriched your life or made it better in some way.
- Things you take for granted. There are many people, possessions, or conditions in your life right now that you might take for granted—like your health, job, relationships, or even a piece of technology. A great way to express gratitude is to recognize how your life would be different if you didn't have one of these specific items.
- Random surprises. One of the best ways to feel grateful is by taking the time to recognize the unexpected positive events that occur.
- Small moments. Sometimes the best things to be grateful for are the everyday experiences. Playing with your children. A warm summer day. The taste of your favorite beverage. Taking time to appreciate these moments will help you value all your experiences.

Here is an example from my personal entry:

“I am grateful for the water I drink that comes from the well on our property”

Sure, this might seem like a small thing to be grateful for, but that’s the idea—you should constantly look at the world around you and acknowledge all that’s wonderful in your life.

Think deep and try to come up with unique answers for each day you write in your journal. This will give you a huge list of all the items and people that have added value to your life as it is. You can then review the journal whenever you feel the need for an emotional boost or as a reminder of how far you have travelled within your journey.

Question #2:

“What am I looking forward to today (or tomorrow)?”

This question should include the first thought that comes to mind. If you are wanting to dig a bit deeper, go for it, but being able to acknowledge one “surface” thought is important.

If you are journaling in the morning, think about one thing that you may be looking forward to doing by the end of the day. It could be as simple as smelling the freshly roasted coffee in the morning to spending time with someone important. Maybe working on a fun project or relaxing at the end of the day watching your favorite series.

If you prefer to journal in the evening, then look back or forward towards something you were excited about from today or for tomorrow.

Question #3: Unique, specific questions.

The last question is a unique prompt. Each day, you will be asked a question about an aspect of your Life. There are a variety of topics

with this question, including specific people in your life, favorite memories, challenges you've overcome, and common items you've taken for granted.

Also, on every 10th day, the prompt will ask you to list ten responses to a simple question related to gratitude.

For question #3, I challenge you to write as much information as you'd like. This is a great opportunity to really touch on the inner work that we often neglect. I'd like to invite you to put as much (or as little) as you'd like in this section.

Day 1

DATE / /

Question #1: *"I am grateful for , because ."*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Describe your happiest childhood memory.*

Day 2

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Describe a song you like and why you like it.*

Day 3

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Describe one of your favorite songs from childhood.*

Day 4

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *“Who is one person that you can count on?”*

Day 5

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *“Until now, what is your biggest accomplishment - professionally?”*

Day 7

DATE / /

Question #1: *"I am grateful for , because ."*

Question #2: *"What am I looking forward to today (or tomorrow)?"*

Question #3: *What is your favorite memory of your father, step father, or male figure in your life?*

Day 8

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *What is your favorite memory of your mother, step mother or female figure in your life?*

Day 9

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Describe your favorite pet. How did this pet make you feel?*

Day 10

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *List 10 activities or hobbies that bring you joy. If there is one or more that you'd like to be part of your life again, add those too.*

Day 11

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Name one mistake that you made that ultimately led you to a positive experience?*

Day 12

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Name one family tradition that you are most grateful for.*

Day 13

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Who is a teacher or mentor that has made an impact in your life? Describe their impact.*

Day 14

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *What do you like most about the city or town you live in?*

Day 15

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Describe your favorite place in your house and why you like it.*

Day 16

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *What is one thing that you have learned this week? How has it added value to your life?*

Day 17

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Who made you smile in the last 24 hours and why?*

Day 18

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *What is a recent purchase that you were able to buy and how has it added value to your life?*

Day 19

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *What was the biggest lesson you have learned in your childhood?*

Day 20

DATE / /

Question #1: *"I am grateful for , because ."*

Question #2: *"What am I looking forward to today (or tomorrow)?"*

Question #3: *List 10 ways you can share your gratitude with people around you in the next 24 hours.*

Day 21

DATE / /

Question #1: *"I am grateful for , because ."*

Question #2: *"What am I looking forward to today (or tomorrow)?"*

Question #3: *Describe your favorite smell. How does it make you feel?*

Day 22

DATE / /

Question #1: *"I am grateful for , because ."*

Question #2: *"What am I looking forward to today (or tomorrow)?"*

Question #3: *Describe your favorite sound. How does it make you feel?*

Day 23

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Describe your favorite site. How does it make you feel?*

Day 24

DATE / /

Question #1: *"I am grateful for , because ."*

Question #2: *"What am I looking forward to today (or tomorrow)?"*

Question #3: *Describe your favorite taste. How does it make you feel?*

Day 25

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Describe your favorite sensation. How does it make you feel?*

Day 26

DATE / /

Question #1: *"I am grateful for , because ."*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *“What self care practice can you give yourself in the next 24 hours?”*

Day 27

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Name and write about someone who you have never met, but has added value to your life. Describe how?*

Day 28

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *How is your life more positive today than a year ago?*

Day 29

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *“What do other people like about you?”*

Day 30

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *List 10 skills that you have that most people around you do not have.*

Day31

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Describe the last time you helped someone solve a problem in their life.*

Day 32

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *What is your favorite part of your daily routine?*

Day 33

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *What is a great book that you have recently read?*

Day 34

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *What was your favorite holiday? How did it make you feel?
What did you like most about it?*

Day 35

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *“What is your favorite tv show and why do you like it?”*

Day 36

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *“What is your favorite movie and what do you like about it?”*

Day 37

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *“What is your favorite way to enjoy nature?”*

Day 38

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Write about a recent obstacle and how did you overcome it?*

Day 39

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Describe the first time you met someone you love. How did the experience make you feel?*

Day 40

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *List 10 things that you look forward to this year.*

Day 41

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *“What do you love most about your personality?”*

Day 42

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *“What is a food that you most like to indulge in?”*

Day 43

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Write about someone who makes your life better.*

Day 44

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *What is your favorite part about being married? If you are single, what is your favorite part about being single?*

Day 45

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *What is today's weather and what is one positive thing you can say about it? How does it make you feel?*

Day 46

DATE / /

Question #1: *"I am grateful for , because ."*

Question #2: *"What am I looking forward to today (or tomorrow)?"*

Question #3: *Describe a unique family or personal tradition that you love.*

Day 47

DATE / /

Question #1: *"I am grateful for , because ."*

Question #2: *"What am I looking forward to today (or tomorrow)?"*

Question #3: *When was the last time you had a genuine gut intensifying laugh? What was it about?*

Day 48

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *What part of your body are you most grateful for?*

Day 49

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *What is a major life lesson you have learned from your career?*

Day 50

DATE / /

Question #1: *"I am grateful for , because ."*

Question #2: *"What am I looking forward to today (or tomorrow)?"*

Question #3: *List 10 things that you take for granted that other people in the world may not have.*

Day 51

DATE / /

Question #1: *"I am grateful for , because ."*

Question #2: *"What am I looking forward to today (or tomorrow)?"*

Question #3: *Write about a recent act of kindness where a stranger did something nice for you.*

Day 52

DATE / /

Question #1: *"I am grateful for , because ."*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *“What is the hardest thing you have had to do that led you to a major personal accomplishment?”*

Day 53

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *“What is one aspect about your health that you are grateful for?”*

Day 54

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *“Who can you count on whenever you need to and why?”*

Day 55

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Describe the time you procrastinated on something and it turned out to be way less difficult than you thought.*

Day 56

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *“What is your favorite habit and why is it part of your daily, weekly, monthly routine?”*

Day 57

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Describe a perfect part of or entire day that you have recently had.*

Day 58

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *What is your favorite place (country / state) that you have had the opportunity to visit?*

Day 59

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *Describe something funny that you recently saw online.*

Day 60

DATE / /

Question #1: *“I am grateful for , because .”*

Question #2: *“What am I looking forward to today (or tomorrow)?”*

Question #3: *List 10 things that have surprised you about your writing commitment to these past 60 days.*

Final Thoughts on Gratitude

Congratulations on completing

The 60-Day Grow your Gratitude Journal.

You have dedicated the last sixty days to focusing on positivity, instead of surrounding yourself with negativity.

Even if you've only journalled for a few minutes daily, you have discovered what it's like to recognize the good in the world. Keep it up. Expand that good.

Embracing gratitude can have a transformative effect on your life. As mentioned before, learning how to be more grateful will:

- Increase your happiness.
- Improve your mental health.
- Allow you to savor every positive experience.
- Help you cope with major life challenges.
- Create a sense of resilience in how you approach challenging experiences.
- Boost your self-esteem.
- Foster empathy for others.
- Provide a better night's sleep.
- Strengthen both your personal and romantic relationships.

After journaling for the past sixty days, you've probably experienced many of the benefits of gratitude. Not only is it a great habit that improves your life, it can also have a positive overflow effect on the people around you.

I encourage you to frequently reread this journal — at least once a month and allow it to act as a reminder about all the amazing things that you have right now—not in some distant, far away future.

Last, I would love to hear about your experience with this journal, and which prompts you found most useful. If you'd like to share your thoughts feel free to email me at nikolburton@gmail.com or

Thank you for investing your time towards this Grow with Gratitude 60-Day Gratitude Journal.

I hope you enjoyed the journey of discovering unique ways to apply gratitude into your daily life. I also encourage you to keep writing. There are loads of free prompts online. Try not to pick and choose the ones you like, but to copy and past them without reading through them too thoroughly. This will allow you the opportunity to answer questions that may challenge you.

With love,

Nikol