



40 Days Of Gratitude

Practising gratitude by recognising and appreciating what we have, together with extending good will to ourselves can increase our happiness and well being. They can act like a vaccination against anxiety, distress and depression.

To change a habit we need 40 days. Try learning these new skills by using this gratitude journal to practice them for 40 consecutive days.

Enjoy!



Steps to Creating a Gratitude Journal to Cultivate Positivity

Keeping a gratitude journal is one of the best ways to retrain your thoughts to focus on the positive things in your life. Studies have shown that keeping a gratitude journal can have many benefits such as feeling happier, being more optimistic about your life, having less physical symptoms of stress, being better able to meet goals and even exercising more.

1. What To Do

You can attach photos that depict your positive feelings about the things you are grateful for, write inspirational quotes or mantras and write about things in your day that you are grateful for.

2. Be Consistent

You should write in your journal every day, and preferably at the same time of day. If you'd like to start your day on a positive note, write in it in the morning. If you want to reflect on your day, write in it in the evening. Writing at the same time each day helps make it a part of your routine, which will help it more quickly become a habit.

3. Write At Least Three Things

It may be hard to come up with three items in the beginning, but once you get into the habit, it will be easy to see the positive in all the things you do. Be as specific as you can be and the things you have to be grateful for will come more into focus for you.

4. Turn Negatives Into Positives

Help transform your thoughts by finding the positive side of negative situations. Instead of dwelling on things that are not working out – maybe a failed relationship or health problems – try to find a positive in these situations. For example, I don't feel well and I'm worried about my health condition, but I'm grateful for the insight it has given me into how much I want to get out of life.

Keeping a gratitude journal may seem difficult and unnatural at first but learning to focus on the positive in every situation will help you cultivate a greater sense of happiness and optimism about your life.



*'No act of kindness, no
matter how small, is ever
wasted.'*

Aesop

Today I am grateful for ...





Today I am grateful for ...

*'When we seek to discover the best in others, we
somehow bring out the best in ourselves.'*

Anonymous

Today I am grateful for...



*'Life is not about finding
yourself. Life is about
creating yourself.'*
Anonymous

Today I am grateful for ...

'If you apologise, it doesn't mean you're right or wrong. It means you value your relationship way more than your ego.'

Anonymous




Today I am grateful for ...

*'You cannot discover new
oceans until you have the
courage to lose sight of the
shore.'*

Anonymous





**“The things
that make me
different are
the things that
make me”**

~Winnie The Pooh

Today I am grateful for ...



*'A truly happy person is
one who can enjoy the
scenery while on a detour.'*

Anonymous

Today I am grateful for ...

'As we express our gratitude we must never forget that the highest appreciation is not to utter words, but to live by them.'

John F Kennedy



*'Life reflects your own
thoughts back at you.'*

Anonymous

Today I am grateful for ...





Today I am grateful for ...

*'A smile takes but a moment, but the
memory of it lasts forever.'*

Anonymous

Today I am grateful for ...



*'The future belongs to those
who believe in the beauty of
their dreams.'*

Eleanor Roosevelt

Today I am grateful for ...

'I don't have to chase extraordinary moments to find happiness -it's right in front of me if I'm paying attention and practicing gratitude.'

Brene Brown



Today I am grateful for ...

*'Be the change you wish to
see in the world.'*

Gandhi





Today I am grateful for ...

*'Smile big. Laugh often.
Never take this life for granted.'*

Anonymous

Today I am grateful for ...



*'You cannot always wait
for the perfect time,
sometimes you must
dare to jump.'*

Anonymous



Today I am grateful for ...

*'I like to listen. I have learnt
a great deal from listening
carefully. Most people never
listen.'*

Ernest Hemingway





Today I am grateful for ...

'We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognising and appreciating what we do have.'

Anonymous

Today I am grateful for...



*'Act as if what you do
makes a difference. It does.'*

William James

Today I am grateful for ...

'Change is inevitable, adapting is optional.'

Jessie Heller




Today I am grateful for ...

*'Let your heart guide you.
It whispers softly, so
listen closely.'*

Anonymous





'Do not follow where the path may lead.
Go instead where there is no path and leave a trail.'

Emerson

Today I am grateful for ...

Today I am grateful for ...



*'Let a joy keep you. Reach
out your hands and take it
when it runs by.'*

Carl Sandburg

Today I am grateful for ...

*'You, yourself, as much as
anybody in the entire universe,
deserve your love and affection.'*

Buddha



Today I am grateful for...

*'Thought is the sculptor
that can create the person
you want to be.'*

Henry David Thoreau





Creativity is
contagious.
Pass it on.

- Albert Einstein

Today I am grateful for ...

*'Happiness held is the seed;
happiness shared is the flower.'*

Anonymous



Today I am grateful for...

*'A friend is someone who knows the song in
your heart and can sing it back to you when
you have forgotten the words.'*

Anonymous



*'Don't save anything for a
special occasion. Being
alive is a special occasion.'*

Anonymous

Today I am grateful for...





Today I am grateful for ...

'Remember that everyone you meet is afraid of something, loves something and has lost something.'

Anonymous

Today I am grateful for...



*'Life is a great big canvas
and you should throw all
the paint on it you can.'*

Anonymous

'Surround yourself with people who believe in you.'

Anonymous

Today I am grateful for ...



*'If you want the rainbow, you
gotta put up with the rain.'*

Anonymous

Today I am grateful for ...





Today I am grateful for ...

'The future starts today, not tomorrow.'

Pope John Paul II

Today I am grateful for ...



*'Forget what hurt you in the
past but never forget what it
taught you.'*

Anonymous

Today I am grateful for ...

*'It's not who you are that holds you back. It's
who you think you're not.'*

Denis Waitley



*'To get what you want, you
must know what you need.'*

Russell Murphy

Today I am grateful for...





'The future depends on what we do in the present.'

Mahatma Gandhi

Today I am grateful for ...

Today I am grateful for ...



*'Be not afraid of growing
slowly, be afraid only of
standing still.'*

Chinese Proverb

Today I am grateful for ...

*'When was the last time you did something for
the first time?'*

Anonymous



Today I am grateful for...

*'Kind words can be short
and easy to speak, but their
echoes are truly endless.'*

Mother Teresa





Today I am grateful for ...

*'What day is it?' 'It's today,' squeaked Piglet.
'My favourite day,' said Pooh.*

A A Milne

Today I am grateful for ...



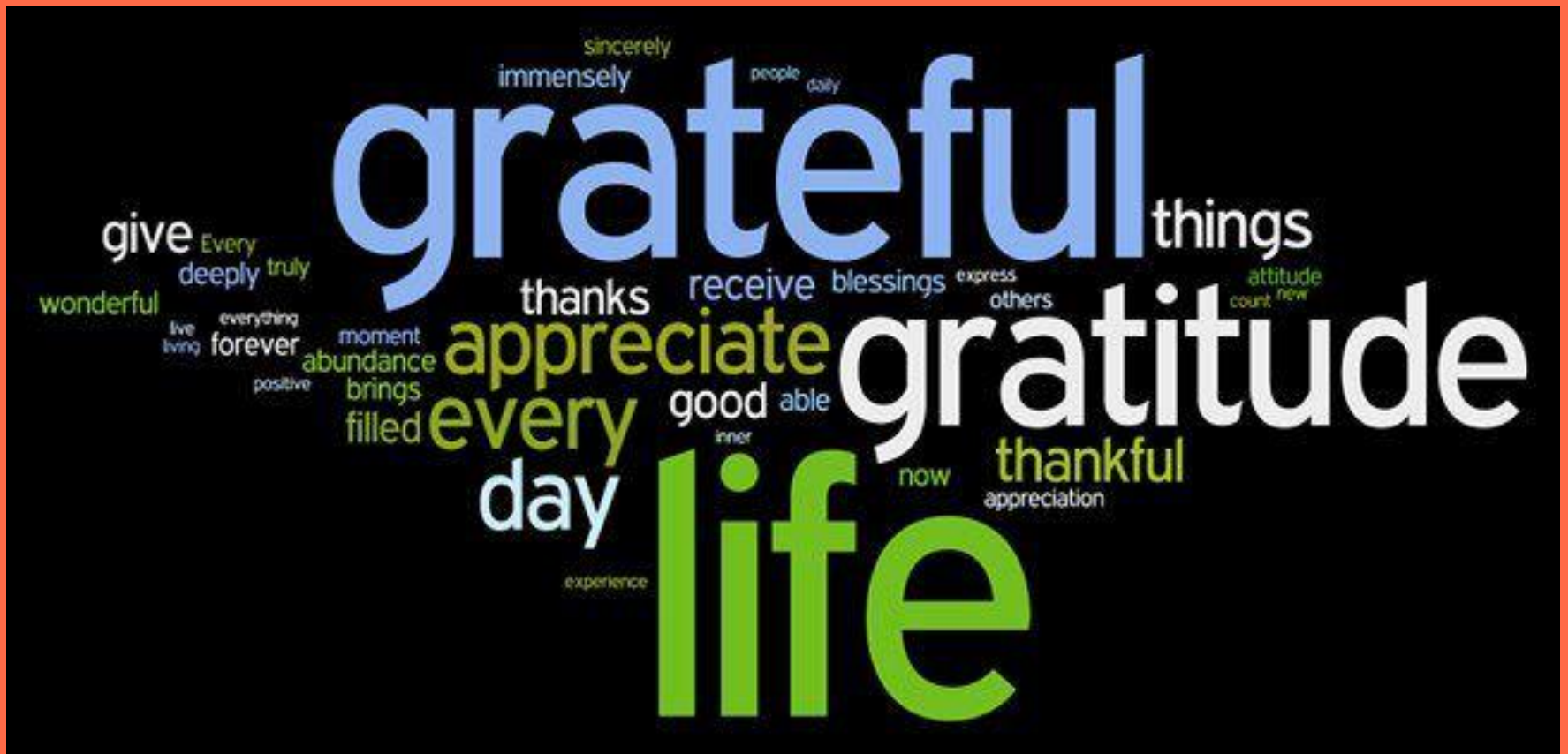
*'Every now and then, when
the world sits just right, a
gentle breath of heaven fills
my soul with delight ...'*

Hazelmarie 'Mattie' Elliott

When you're searching your soul
When you're searching for pleasure
How often, pain is all you find
But when you're coasting along and
nobody's trying too hard
You can turn around and like where
you are

Lyrics by the Sundays "Static & Silence" album





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Health
Far West
Local Health District