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...

“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
‘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
'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
Promise me you'll always remember:

You're braver and stronger than you believe.
"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
‘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...
‘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
Today I am grateful for ...

‘Don’t save anything for a special occasion. Being alive is a special occasion.’

Anonymous
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 ...

‘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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