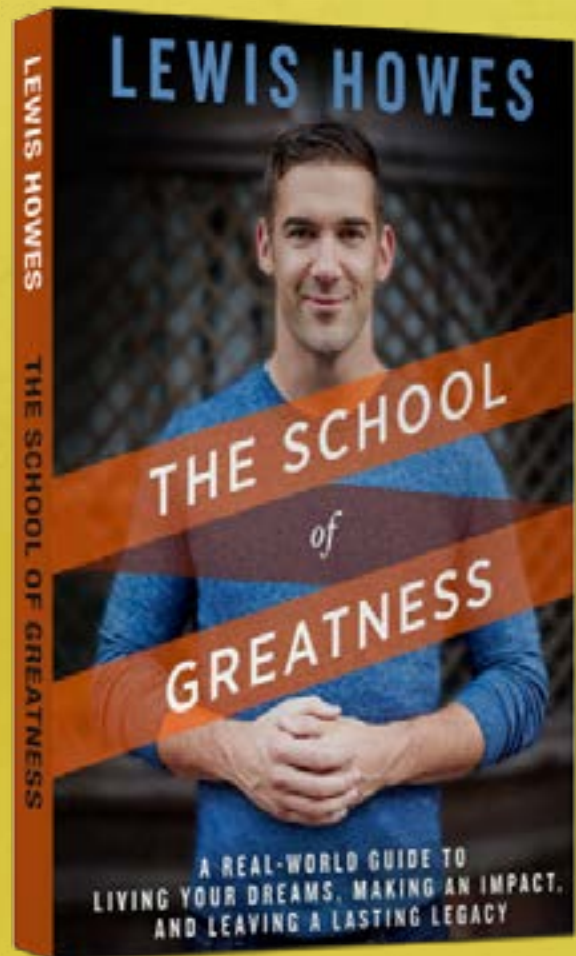


Gratitude Journal



SOG
Gratitude Journal
Prompts

One of the biggest shifts of my life came when I started to understand the power of gratitude. Up to that point, my relationship with being grateful was pretty lacking. In fact, I was so stuck in a scarcity mindset, always obsessing over what I didn't have instead of focusing on what I did have, that nothing I ever achieved or received was enough.

Then I started to learn about abundance and the power of acknowledging the incredible gifts I have been given. What my life looked like stayed the same, but how I looked at my life changed drastically. And that has made all the difference.

As part of your journey towards greatness, I invite you to take the next 30 days to practice gratitude on a new level in your life. Each day, follow the prompt given and spend at least 5 minutes noticing and acknowledging in writing what amazing blessings are in your life.

Get ready for a whole new perspective on the life you already have. It's as simple as opening your eyes to what is already there. Let's start now.

1. Write down 3 of the most important people in your life and what your life would look like without them.

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

William Arthur Ward

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2. List 3 inspirational conversations you've had this week and what you learned from each.

“ I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder.”

G.K. Chesterton

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3. Think of the best meal you've had all month, where it was, what you ate, and why you loved it so much.

“Enough is a feast.”

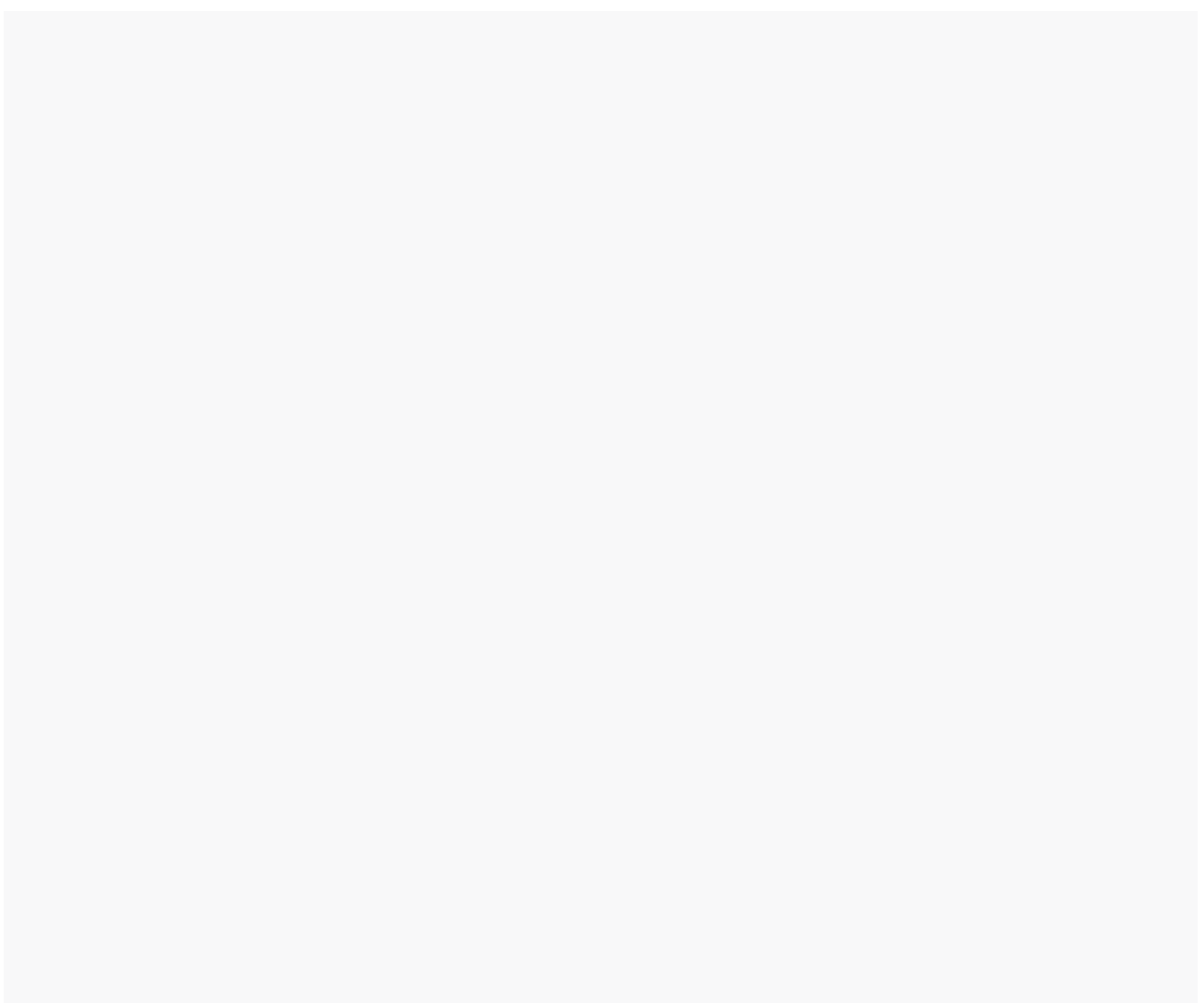
Buddhuist Proverb

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4. Think of the best compliment you were given this week and who gave it to you. Write down how you felt.

“Enjoy the little things, for one day you may look back and realize they were the big things.”

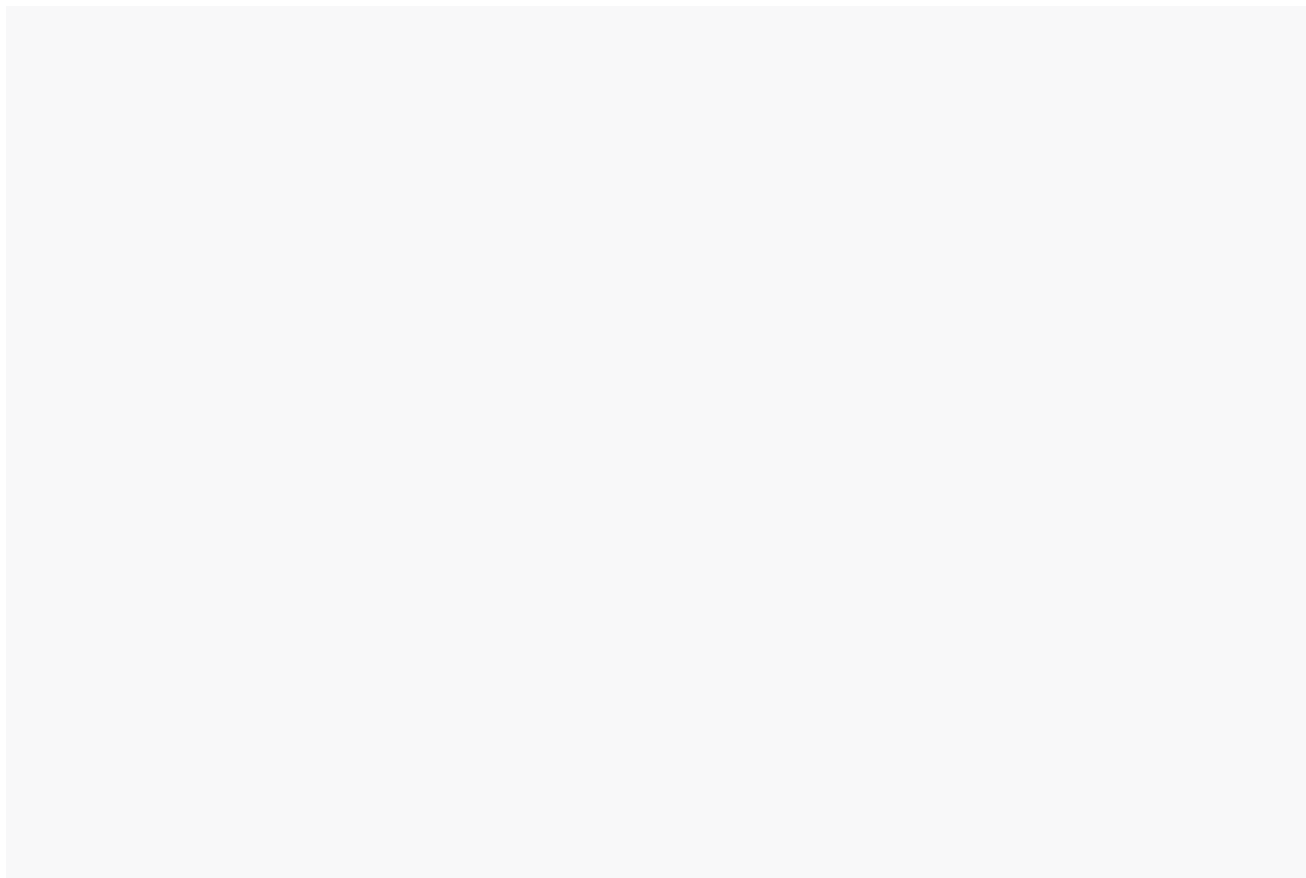
Robert Brault



5. List your favorite form of physical activity (it can even be walking or gardening) and how you feel when you are using your body.

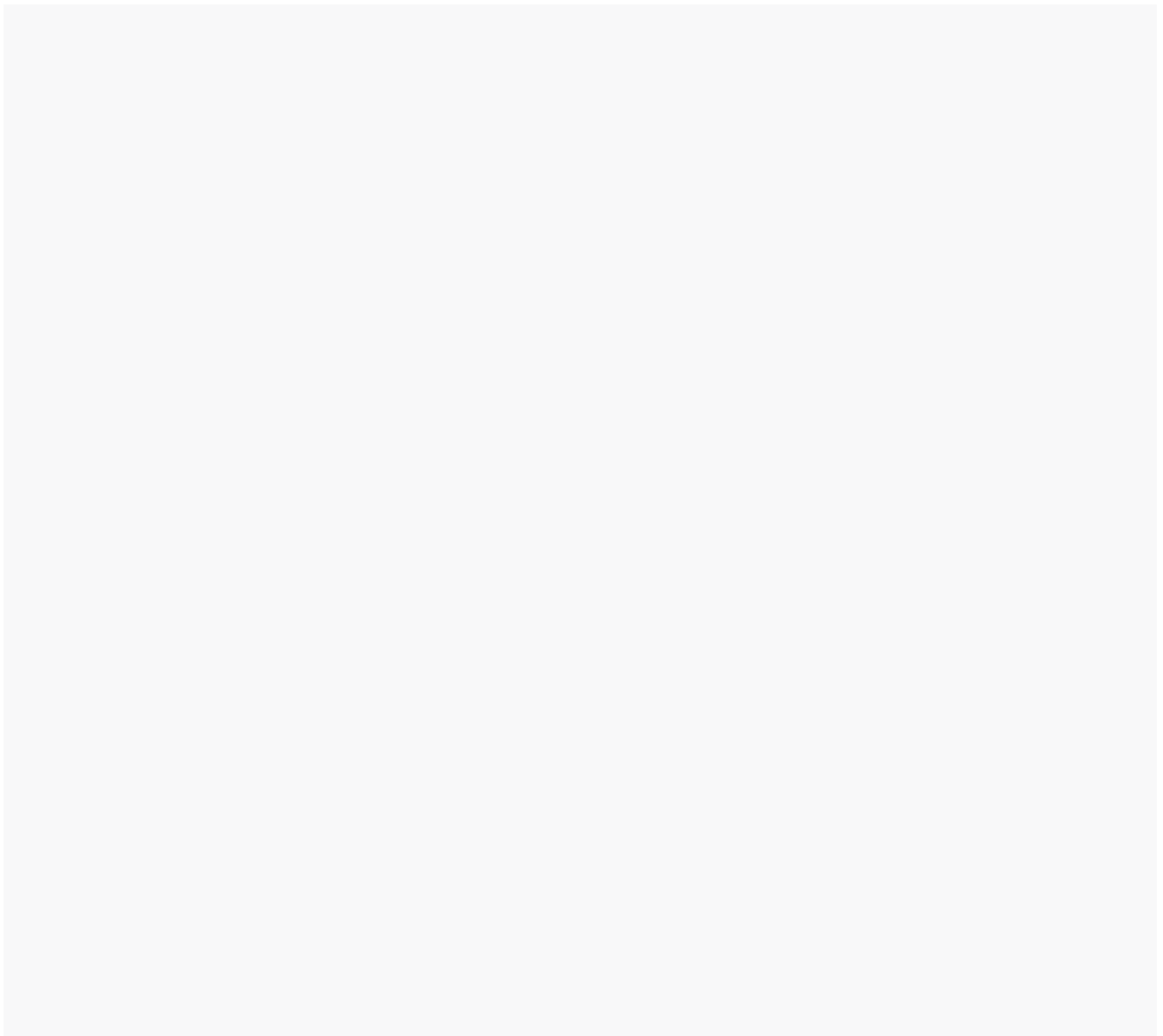
**“As we express our gratitude,
we must never forget that the
highest appreciation is not to
utter words but to live by them.”**

John F. Kennedy



6. Write 5 ways someone helped you do something challenging this week.

“Acknowledging the good that you already have in your life is the foundation for all



7. Record the most inspirational thing you read, heard, or watched this week and what you were inspired to do as a result.

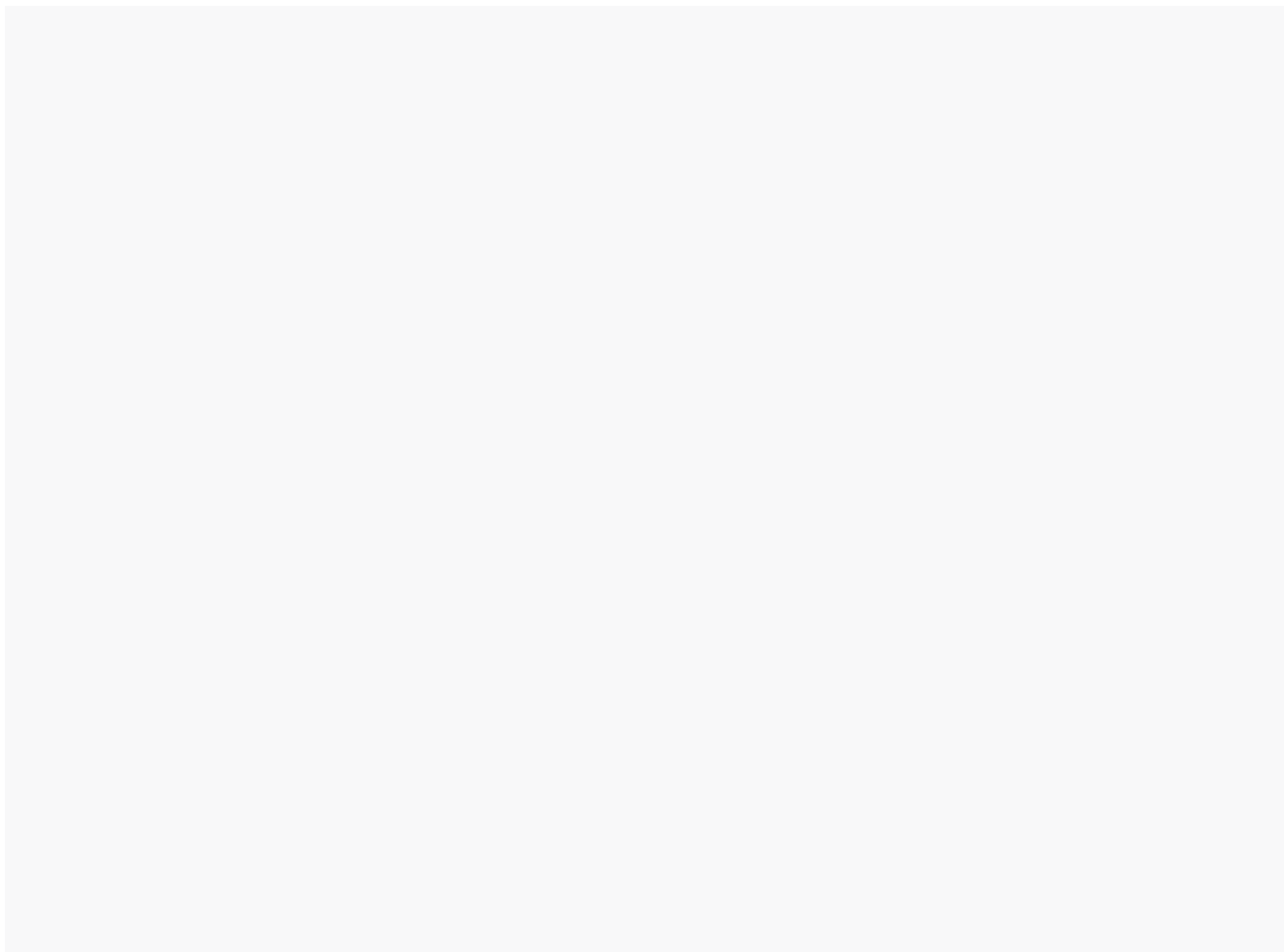
Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy.”

Fred De Witt Van Amburgh

8. Think of the most beautiful person you know (external or internal beauty). Write down the qualities you admire about them.

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”

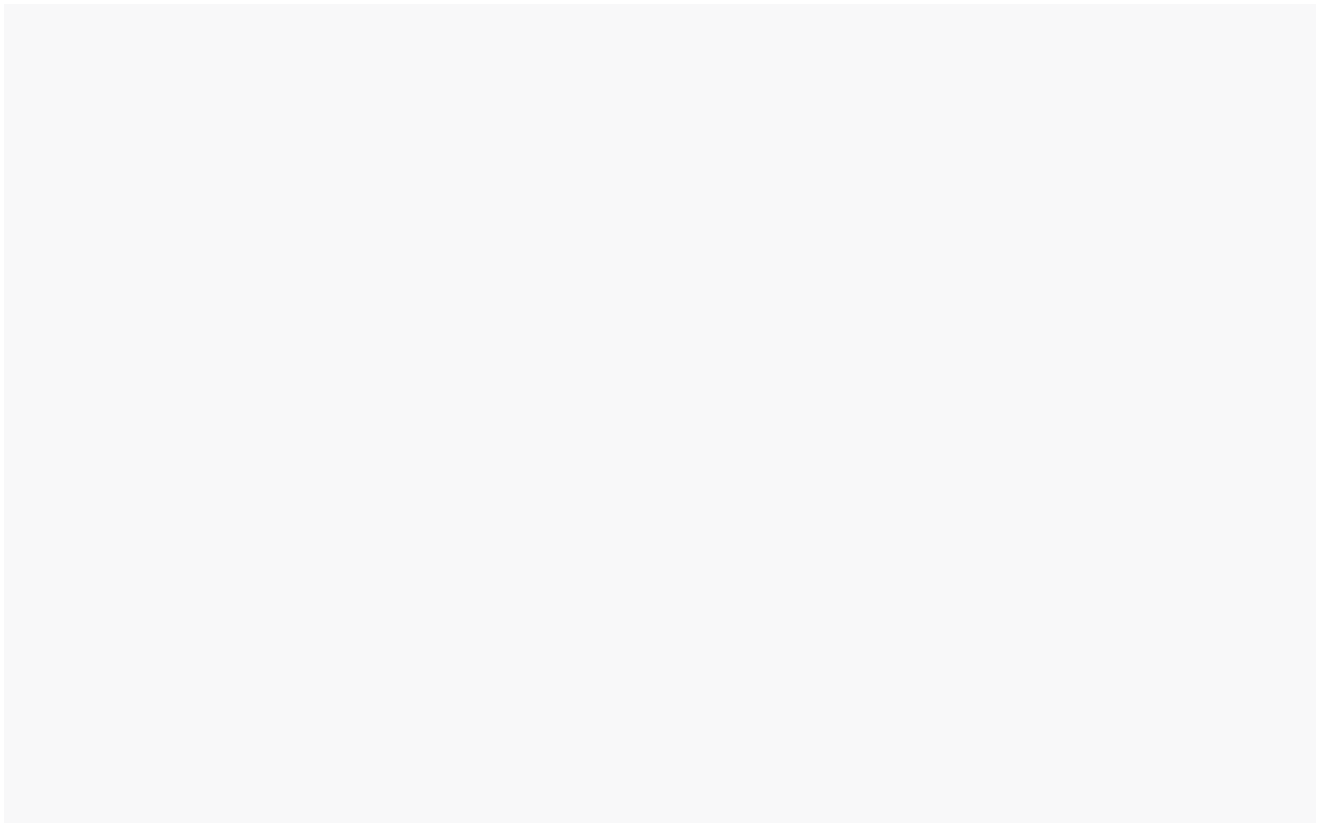
Epictotus



9. List your top 3 favorite songs currently. Then write what each one means to you or why you love it.

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”

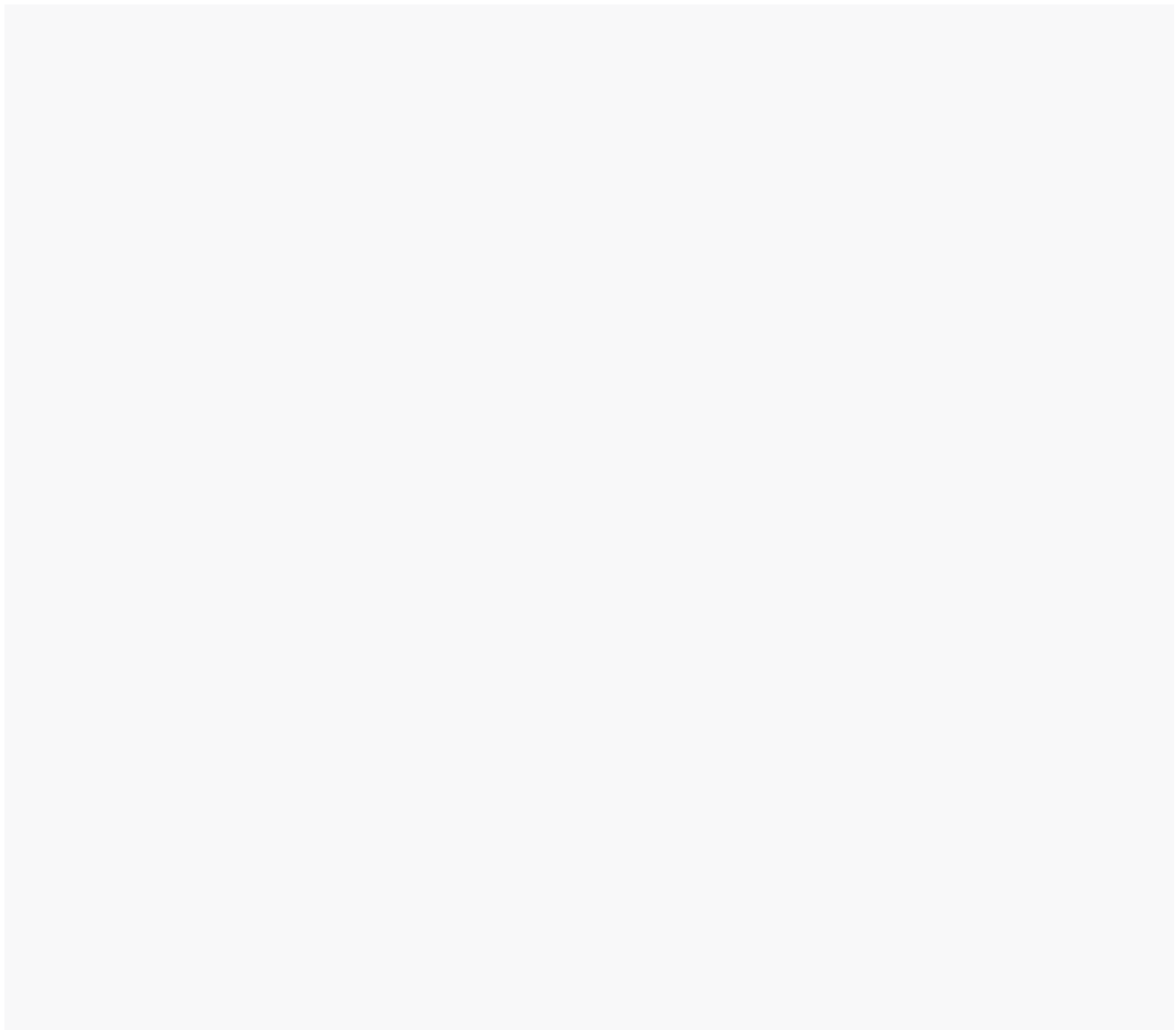
Oprah Winfrey



10. Write a one page love letter to yourself.

**“ It is impossible to feel grateful
and depressed in the same
moment.”**

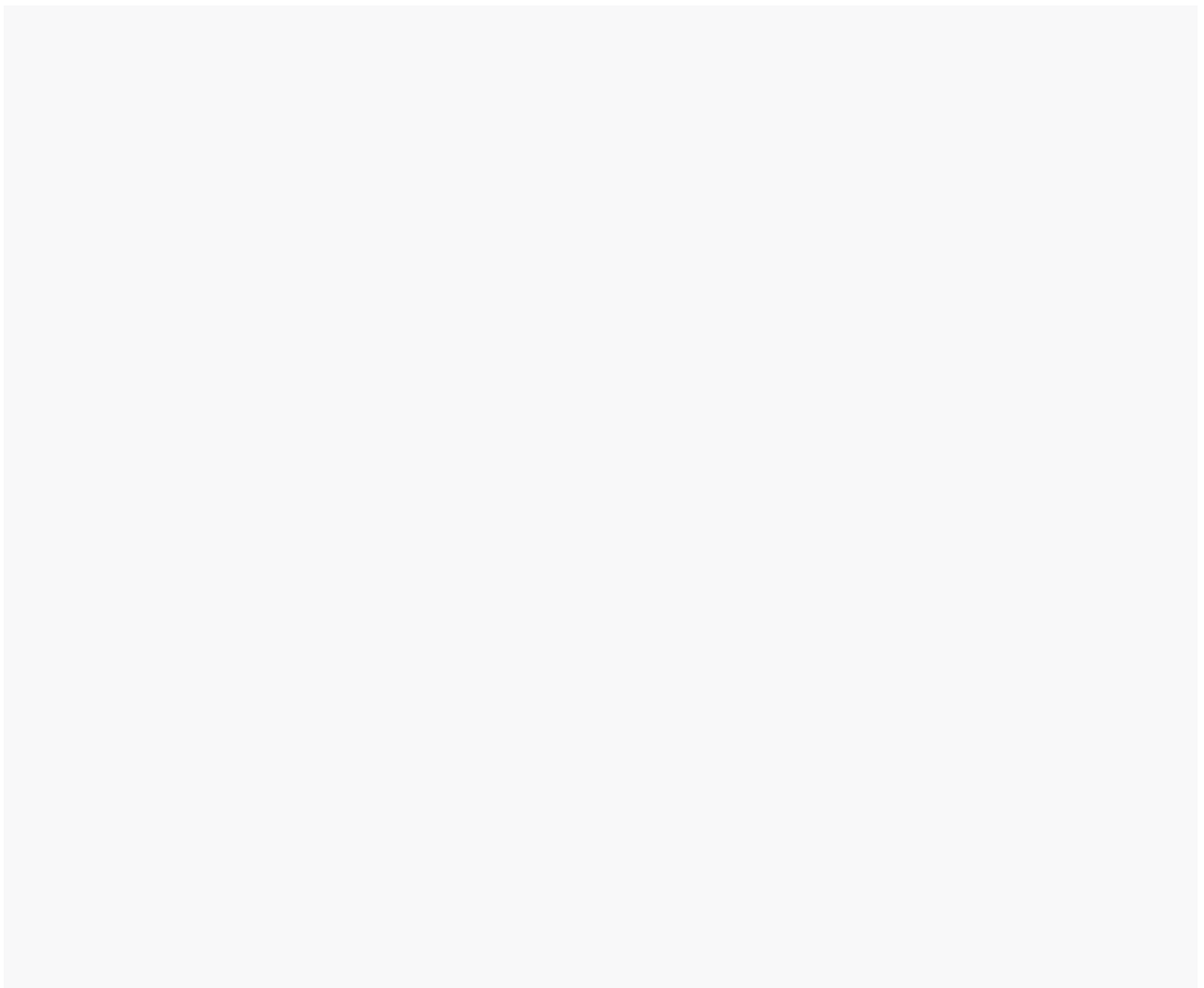
Naomi Williams



11. Think of the 5 biggest gifts your mother gave to you and how those have impacted your life.

“You cannot do a kindness too soon because you never know how soon it will be too late.”

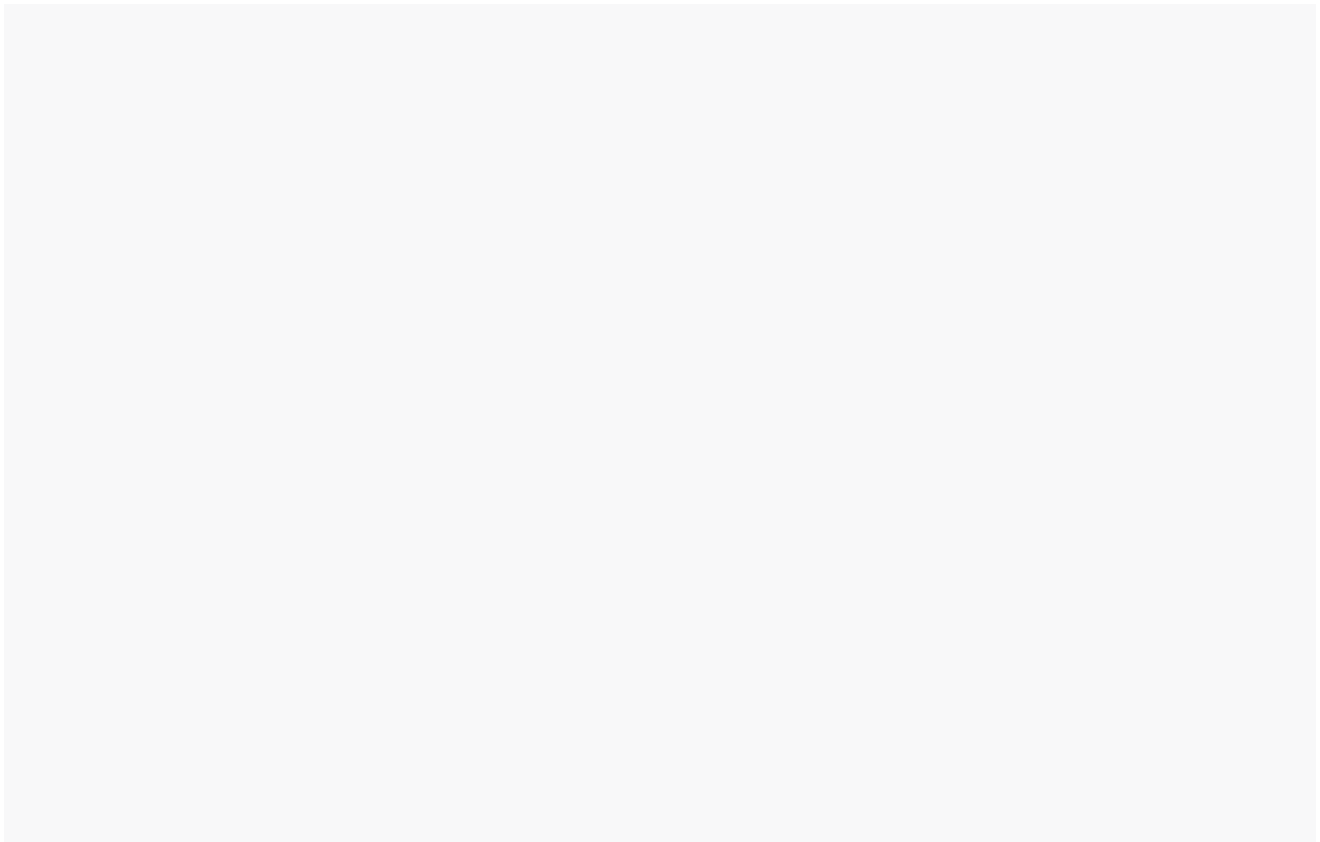
Ralph Waldo Emerson



12. Think of the 5 biggest gifts your father gave to you and how those have impacted your life.

“No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude.”

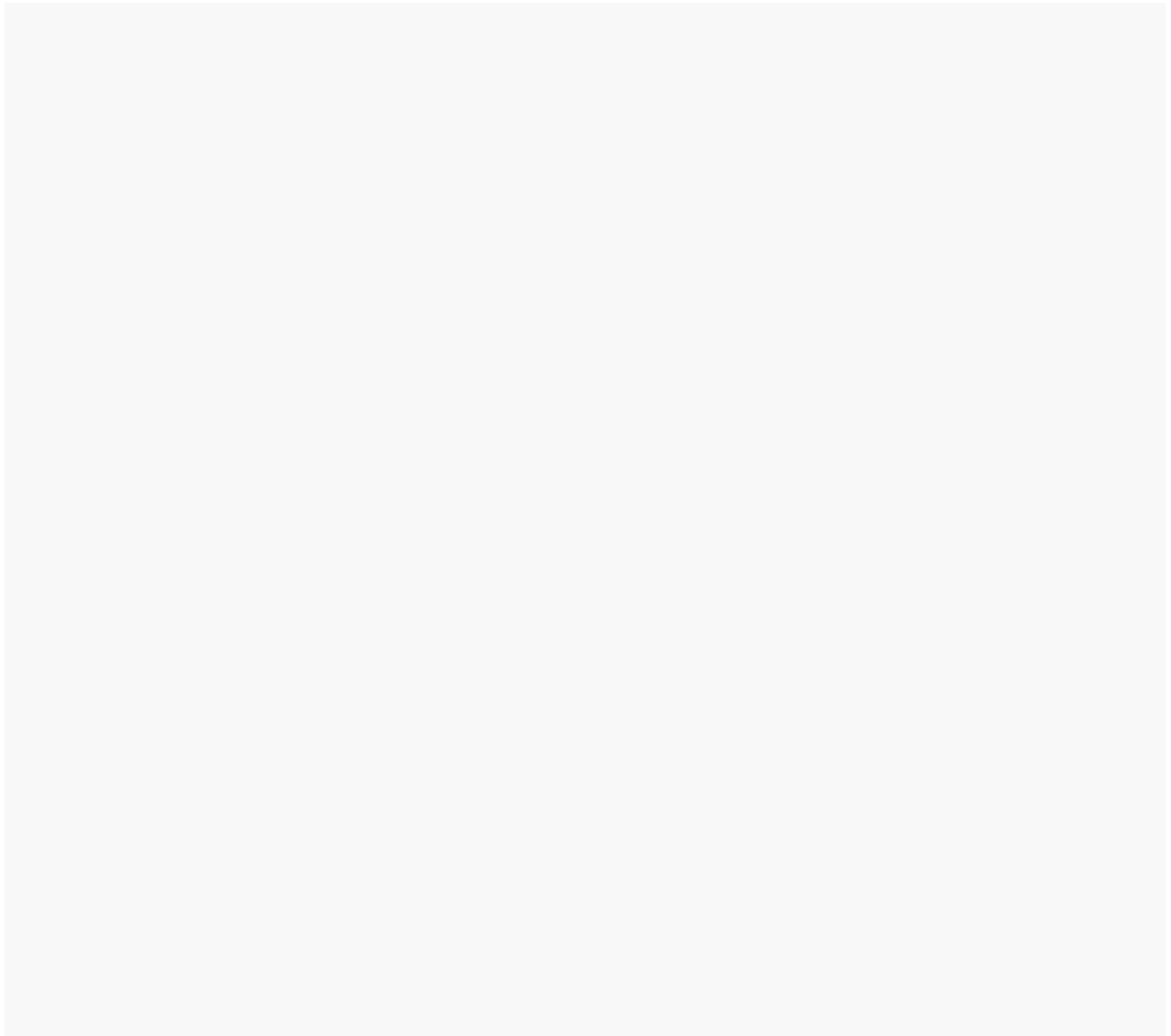
Alfred North Whitehead



13. Write down what your education means to you.

**“One can never pay in gratitude;
one can only pay ‘in kind’
somewhere else in life.”**

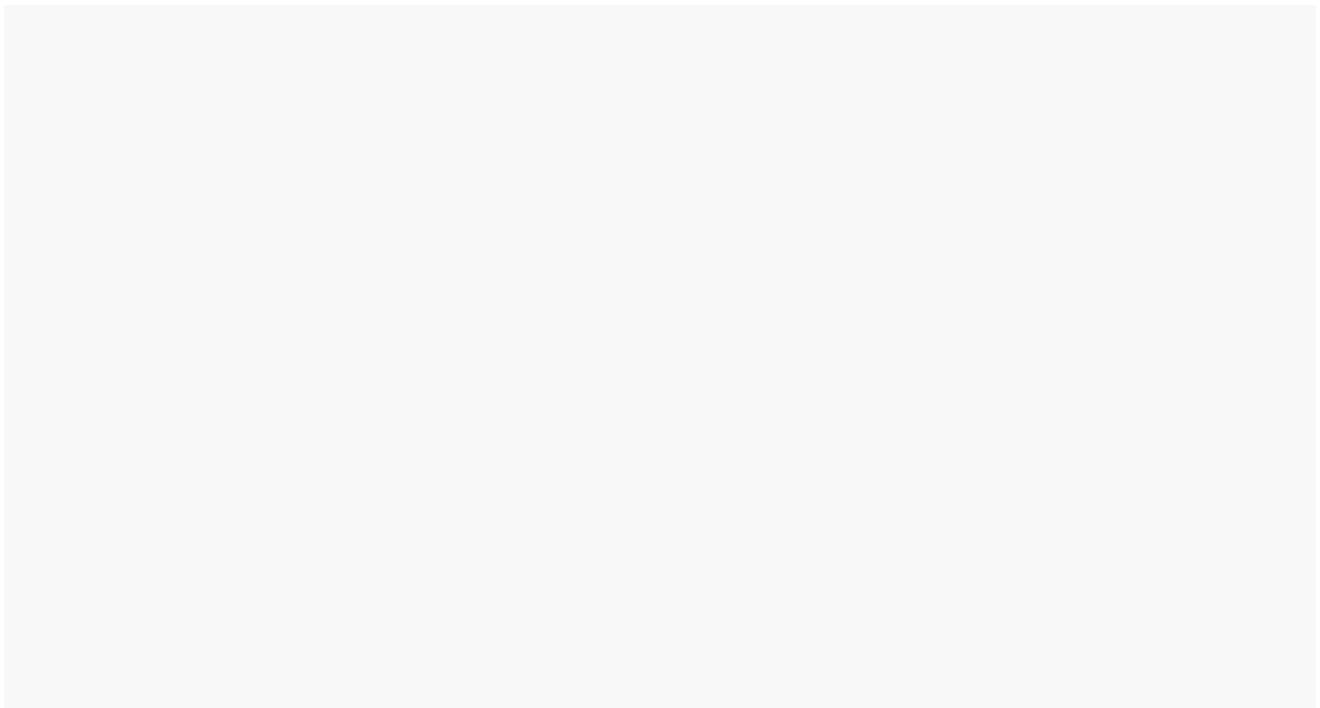
Anne Morrow Lindbergh



14. List at least one time in the last month that you were able to do the seemingly impossible.

“Forget yesterday-it has already forgotten you. Don’t sweat tomorrow-you haven’t even met. Instead, open your eyes and your heart to a truly precious gift-today.”

Steve Maraboli



15. Write down your favorite book and what the biggest lessons you learned from it are.

“We should certainly count our blessings, but we should also make our blessings count.”

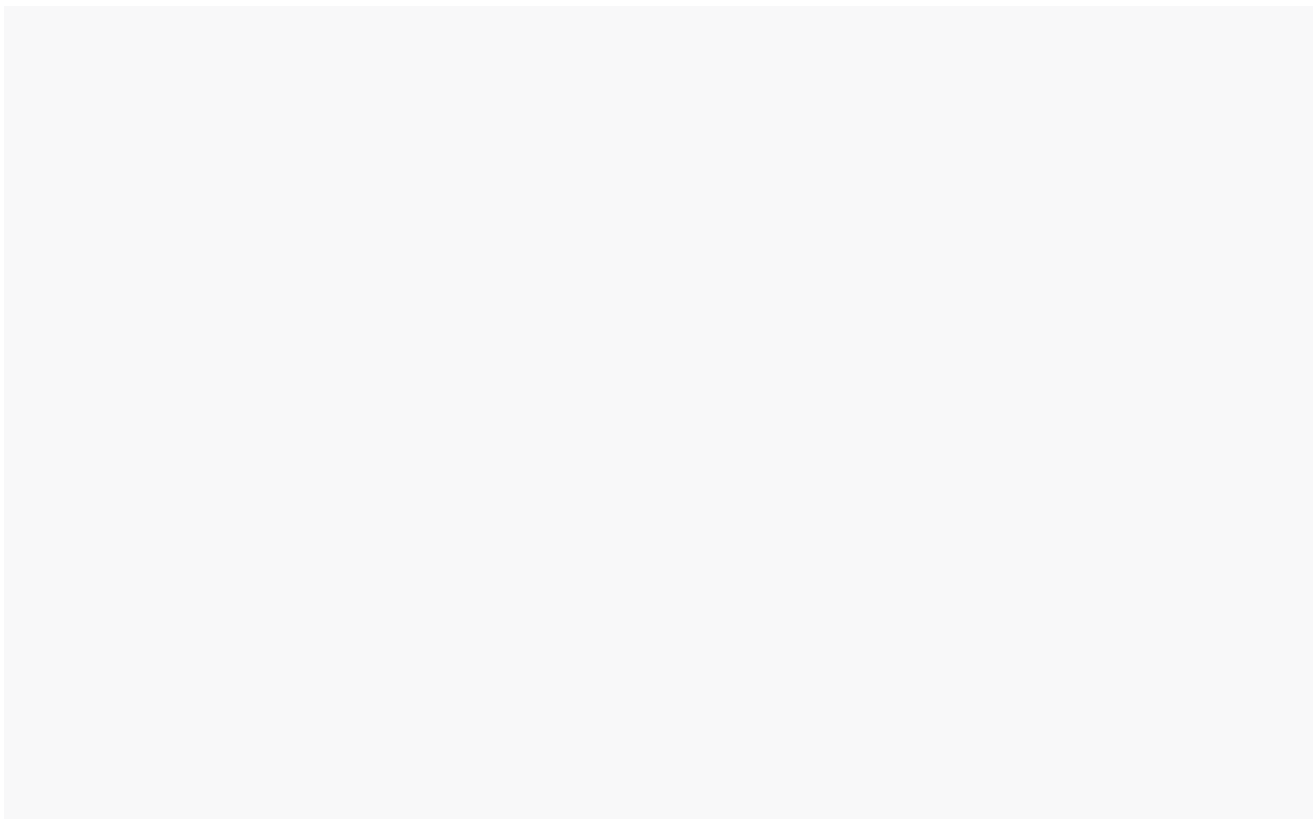
Neal A. Maxwell

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16. Look around your house, apartment, bedroom, etc. and write about what it means to you to have a home.

“In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.”

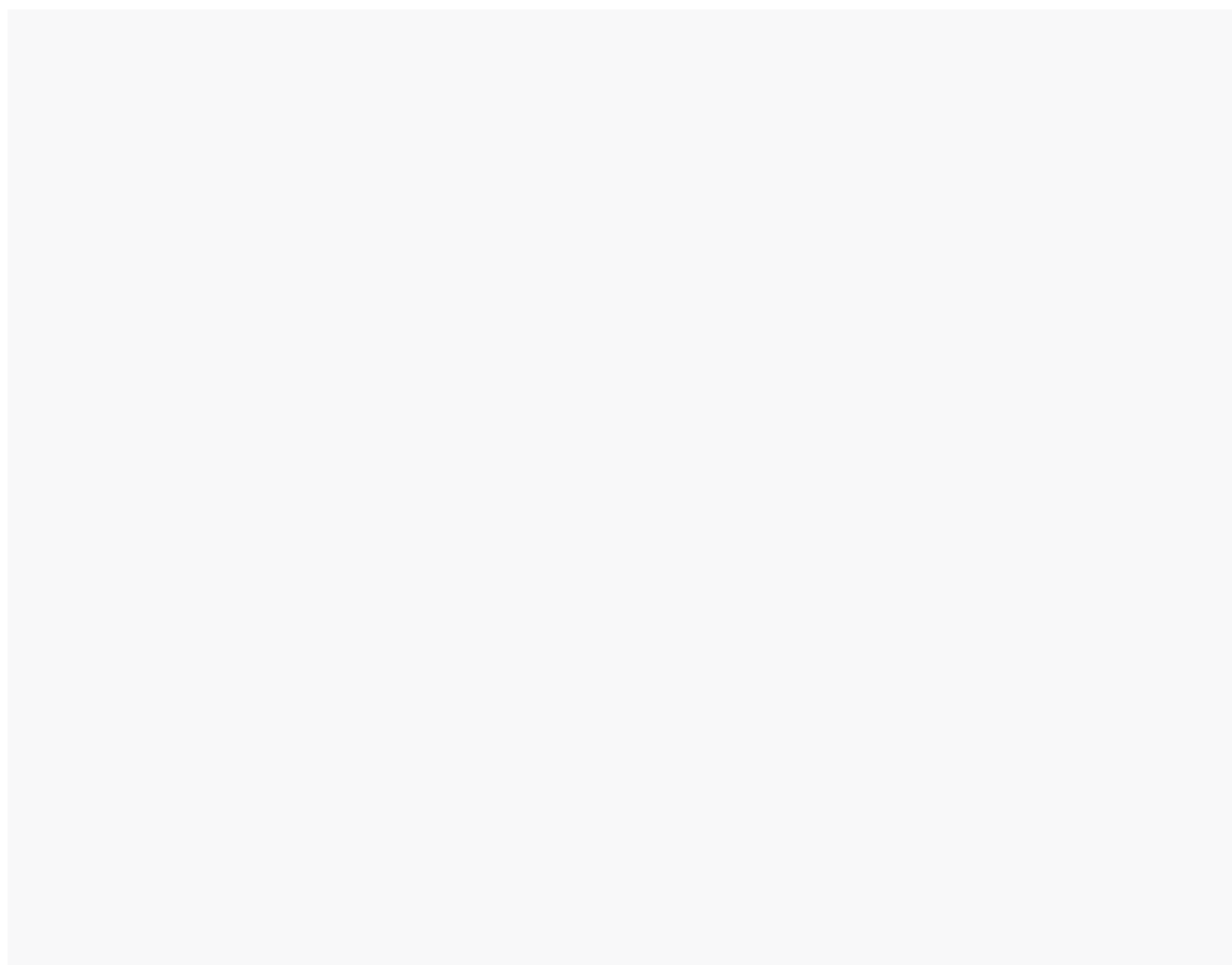
Dietrich Bonhoeffer



17. What are 3 qualities you love about yourself? Why?

“Gratitude also opens your eyes to the limitless potential of the universe, while dissatisfaction closes your eyes to it.”

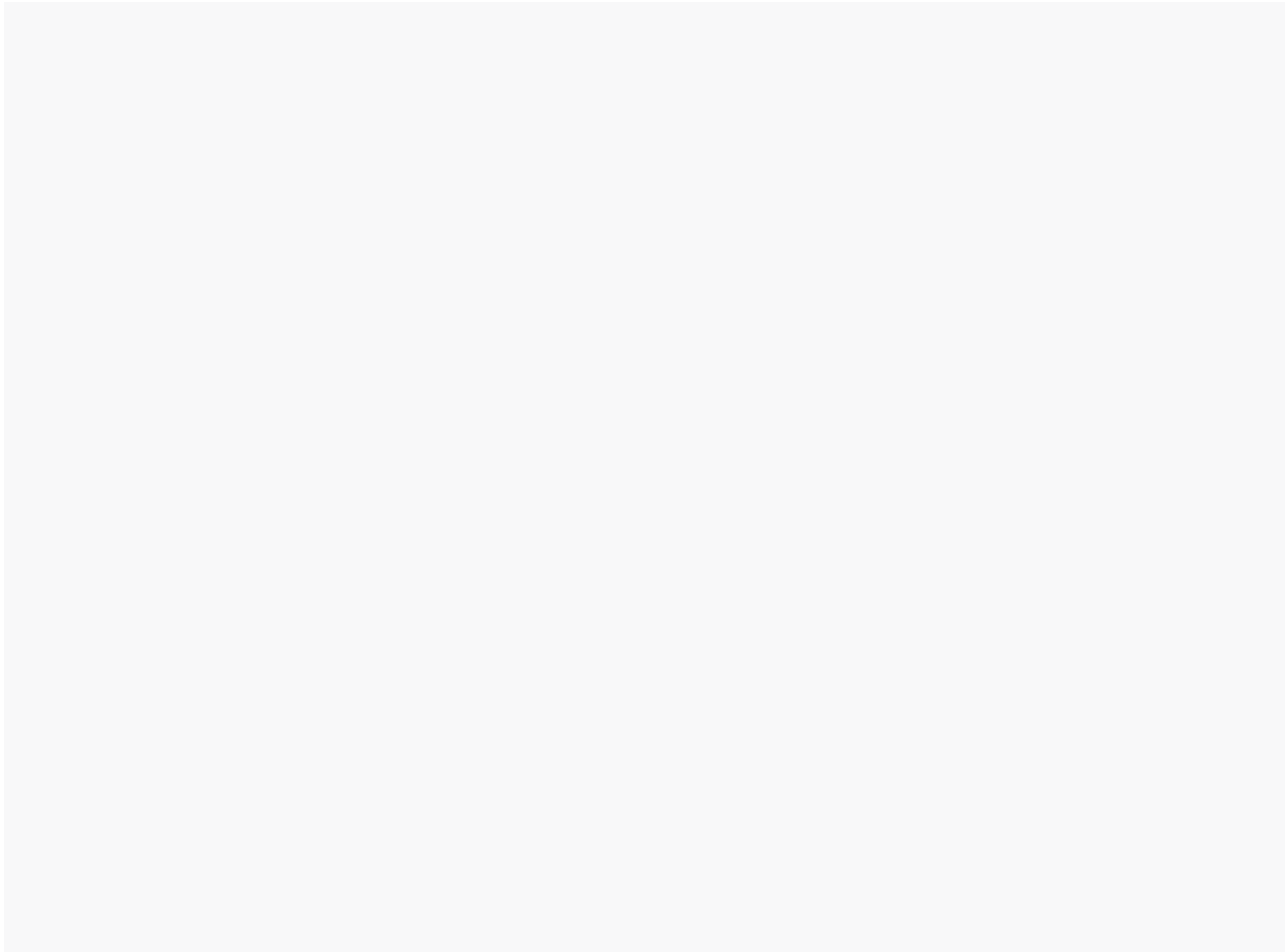
Stephen Richards



18. Think about the biggest recognition you've been given (can be formal or informal) and what that means to you.

“We can only be said to be alive in those moments when our hearts are conscious of our treasures.”

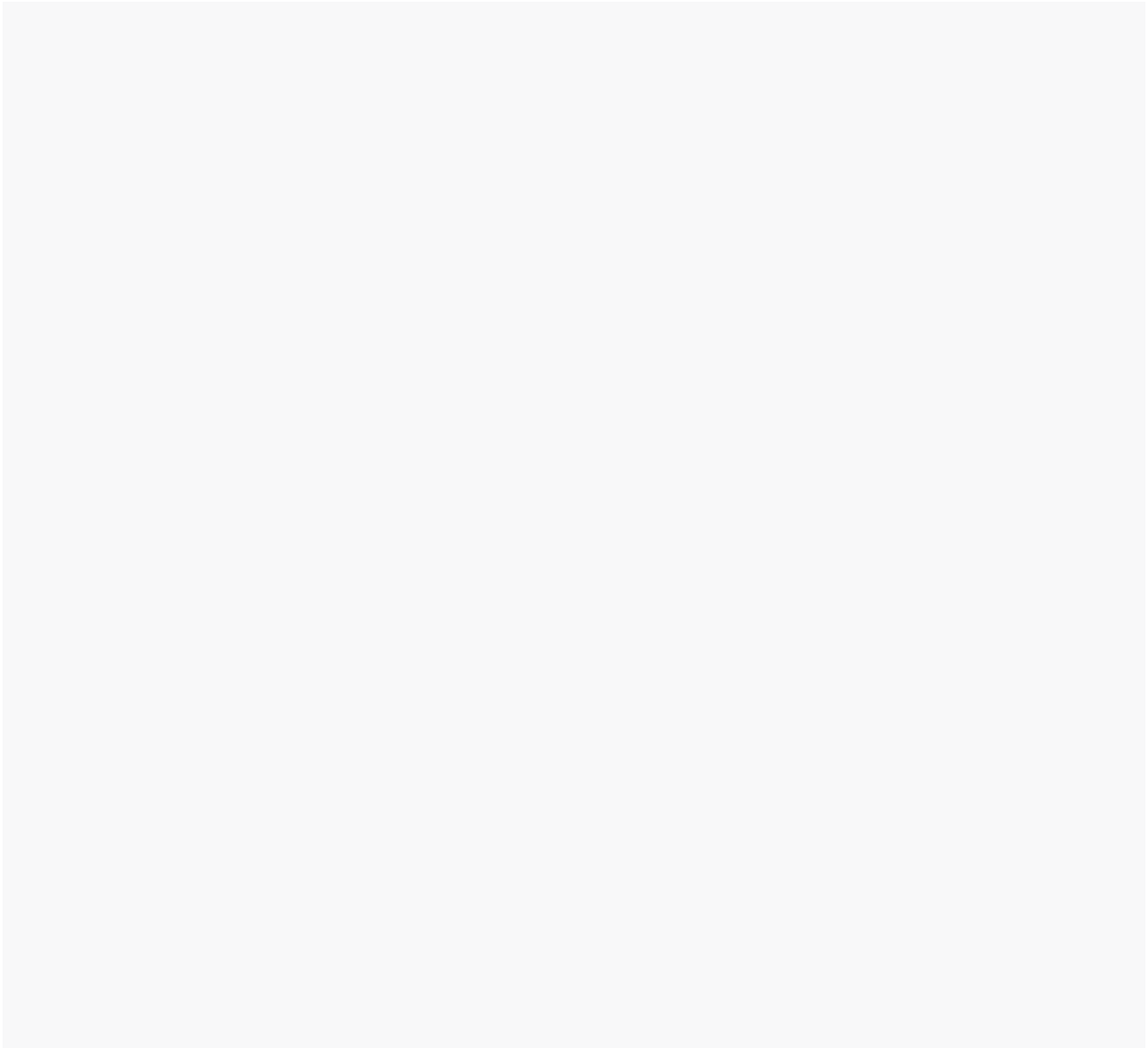
Thornton Wilder



19. Look out of the nearest window and list 5 beautiful things you see outside.

“This a wonderful day. I’ve never seen this one before.”

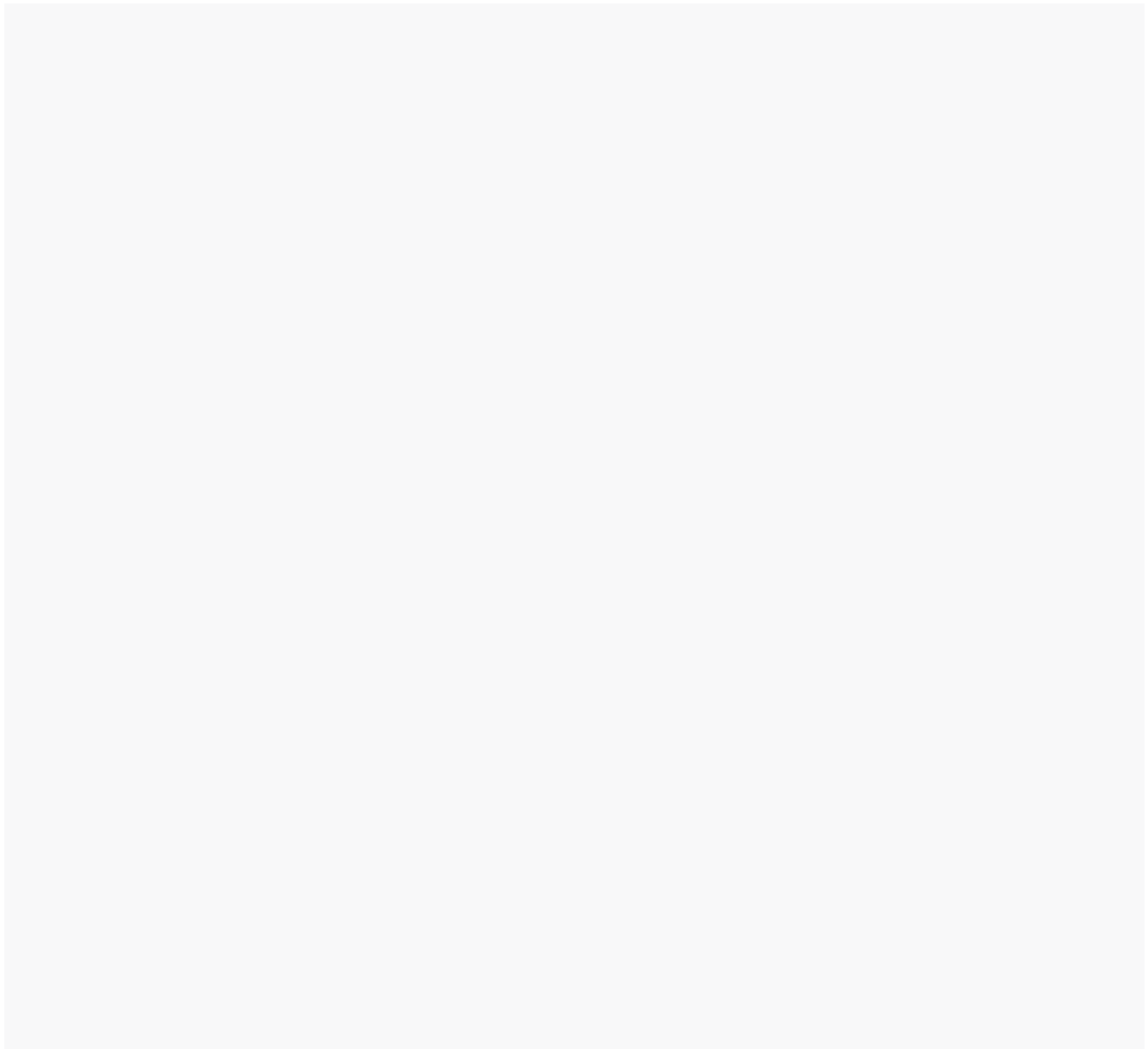
Maya Angelou



20. Write down the best project you've ever worked on and what it meant to you.

“Gratitude turns what we have into enough.”

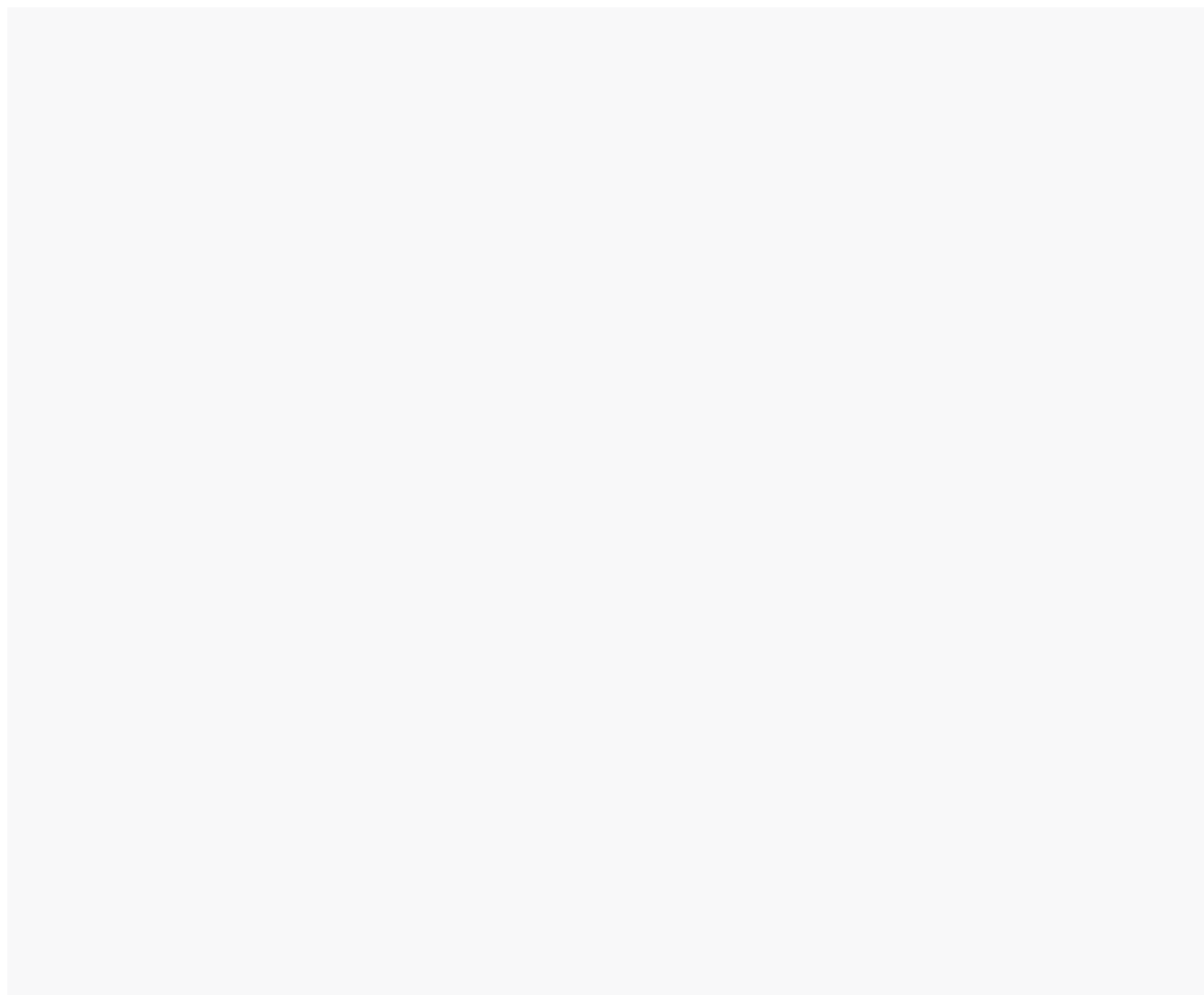
Author Unknown



21. List your 3 favorite pastimes or hobbies. What lights up inside you when you do them?

“ If the only prayer you said in your whole life was, “thank you,” that would suffice.”

Meister Eckhart



22. Write at least 5 sentences about what your biggest role model means to you.

“At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

Albert Schweitzer

23. Think about the best vacation or trip you've taken and what you experienced on it.

“Gratitude and attitude are not challenges; they are choices.”

Robert Braathe

Robert Braathe

24. What is your favorite childhood memory? Who, what, when, where?

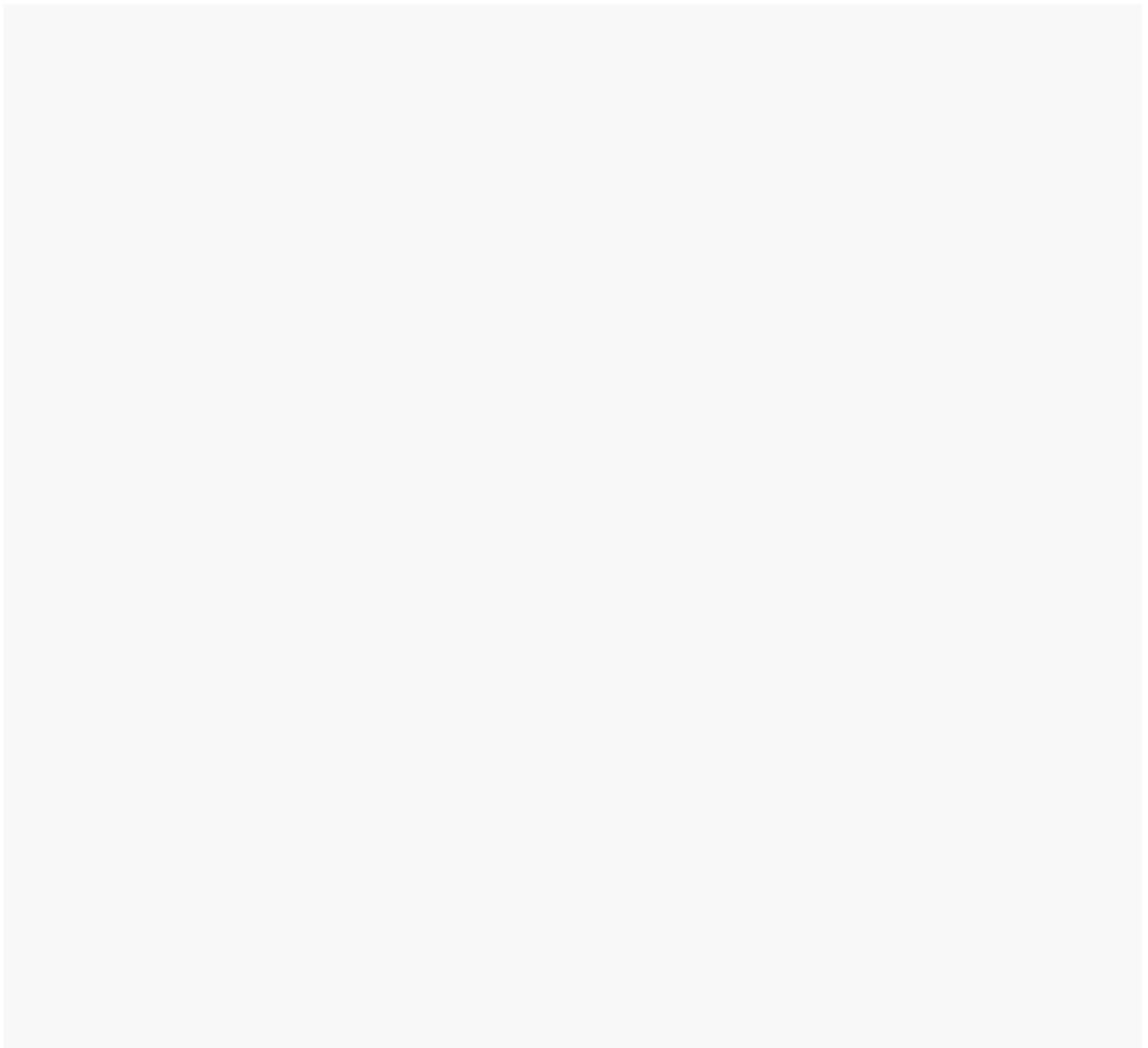
“In life, one has a choice to take one of two paths: to wait for some special day-or to celebrate each special day.”

Rasheed Ogunlaru

25. List 3 truths you've learned from your best friend. 25. List 3 truths you've learned from your best friend.

“Gratitude is the memory of the heart.”

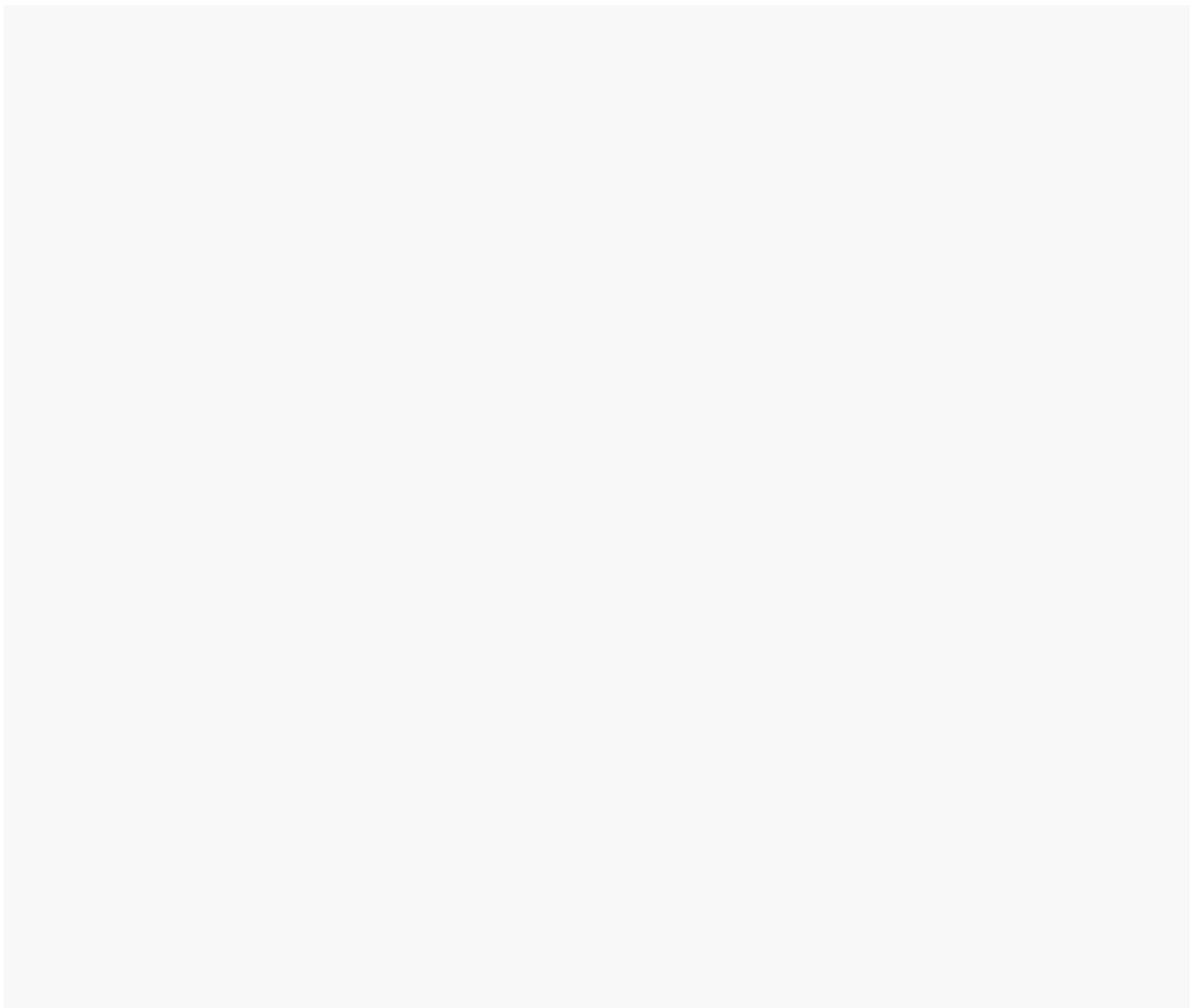
Jean Baptiste Massieu, translated from French



26. What is the hardest thing you've done this year? How was it a blessing in disguise?

“Gratitude is an art of painting an adversity into a lovely picture.”

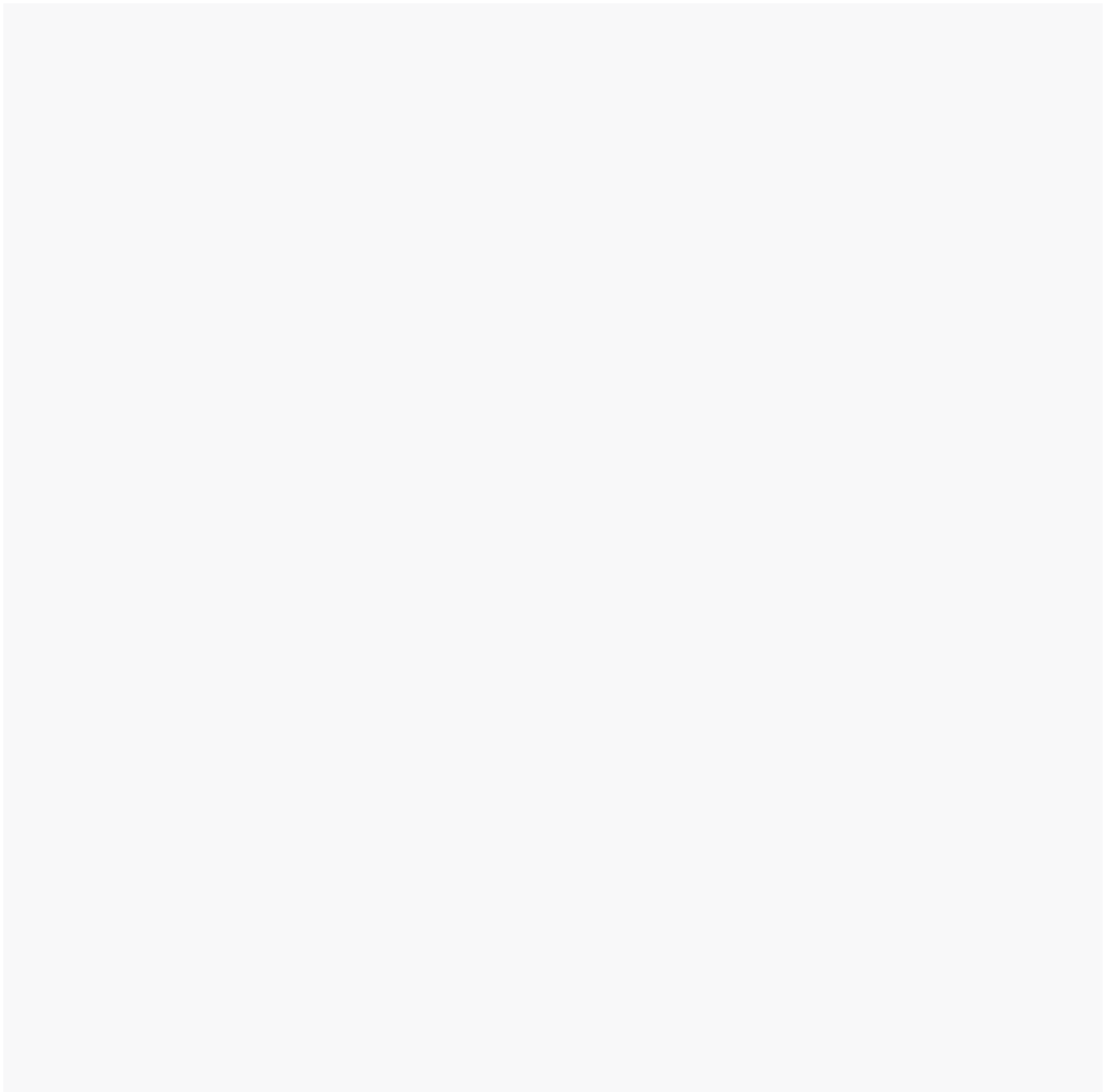
Kak Sri



27. Write down 3 memories that always make you laugh.

**“Praise the bridge that carried
you over.”**

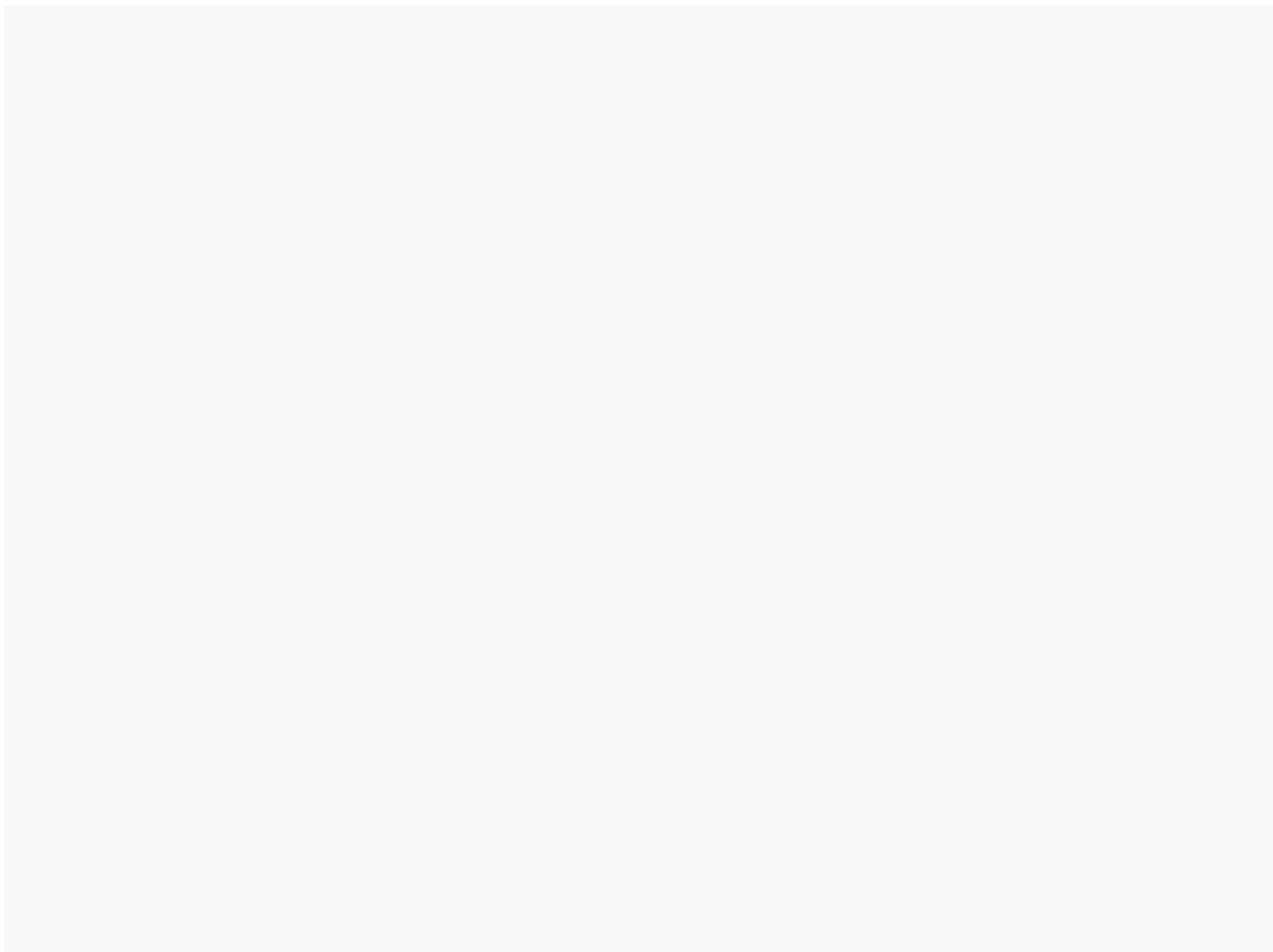
George Colman



28. What are you most looking forward to this week? What does it mean to you?

“Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving.”

W.T. Purkiser



29. What is the best movie you've seen all year? What did you

"Gratitude is an opener of locked-up blessings."

Marianne Williamson

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30. Who is the one person in your life you are most grateful to today?

“There is no greater difference between men than between grateful and ungrateful people.”

R.H. Blyth

