

Gratitude Journal: *Cultivating Positive Awareness*



Every day, identify and write down at least 3 positive things you observed that day. These may include, but are not limited to:

- ***Something lovely you saw in nature.***
- ***Something someone said that touched or uplifted you.***
- ***A happy occurrence or bit of news.***
- ***Something nice someone did for you.***
- ***Something nice you were able to do for someone else.***
- ***A spiritual experience giving you a needed nudge and direction.***
- ***Something fun or meaningful you did that day.***

If you wish, you can focus your journaling on an area you're particularly struggling with or trying to improve. For example:

- ***If you're struggling with self-esteem:*** Identify three things you did every day that you're proud of, or can take delight in.
- ***If you're struggling with a spouse, parent, or child:*** Look intentionally for three things per day in that individual that were positive.
- ***If you're trying to revitalize your spirituality:*** Look for evidences, three times a day, of the hand of God in your life. (Some call this their "Tender Mercies Journal.")