

# Easy Gratitude Journaling

Gratitude is great for mental health. It's actually healing to mind, body, and spirit since they are all connected. **But why mind specifically?** Because it creates positivity and a better outlook on life. I can also be a great tool for manifesting.

A daily gratitude journal has been one of my greatest tools in my arsenal of mental health resources. It has helped me during time of great stress. It has affirmed feelings during time of peace. It has helped me recognize the great things I experience and have in my life.

To practice daily gratitude with a journal, use any notebook. It doesn't have to be anything fancy. You just need paper and a pen.

The practice is as simple as writing the things you are grateful for using an easy formula. I use the formula because it helps me truly feel the things I am grateful for as I think and then write them. It gives the gratitude I am feeling purpose and better acknowledgment. As I put words to the thing and the why, I gain better perspective on the immensity of the blessings I receive from my Heavenly Father.

## Gratitude Journal Formula

I am thankful for \_\_\_\_\_ because \_\_\_\_\_.

Things you could be grateful for:

- Family, health, friends, the sun
- An experience: vacation, seeing a friend, talking to a sibling
- Abilities: to see, hear, listen, participate, walk
- Books read, opportunities, successes/wins
- Opportunities for growth and learning

Start with writing five (5) things you are grateful for each day. Then as you become more comfortable with the practice, increase to ten (10).

To truly see the benefits of gratitude journaling, this needs to become a daily practice. I promise as you make it a part of your life, your ability to recognize Heavenly Father's many blessings in your life—even during times of great trial—will increase.