

# SAY IT WITH GRATITUDE

**THE ULTIMATE 1 PAGE GRATITUDE JOURNAL:** And How To Instantly Turn Your Day Around With 7 Simple Steps To Gratitude

When you have more gratitude in your life, you have more happiness in your life. Here are 7 ways to cultivate more gratitude.

**1. Keep a Gratitude Journal:** This is a great place to start since I'm giving you my Ultimate 1 Page Gratitude Journal. Keep it simple and each day write 1-3 things you are grateful for in the morning and in the evening. It will allow you to see more joy and beauty in your days. A lot of people focus on what they don't have, or complain all day. When you focus on the positive, no matter how small, you attract more positive.

**2. Don't Compare:** It's easy to compare ourselves to others and want what they have. When you do that, you're not embracing your own unique journey. We're all on a different life path. Embrace the path you're own. Embrace your beauty and your uniqueness.

As Dr. Seuss said: you were born to stand out. Feel gratitude for who you are and what you have.

**3. The Simple Things In Life:** Trying to figure out what you're grateful for can seem overwhelming if you're only focusing on big things. What about the simple things in life? That cup of coffee this morning. The bed you woke up in. That beautiful butterfly you saw on your walk. What about your ability to walk? Not everyone has that capability. We tend to overlook the simple things in life and take other things for granted. Don't!

**4. Live In The Now:** It's easy to dwell on the negatives of the past or worry about the future. If you can live in the moment and take in everything as they happen, you'll discover joys that are often overlooked. There are joys of watching your child play, the smell of coffee at the local coffeehouse, the conversation with your friend across the table (instead of checking Facebook) and the smell of rain. Relish and embrace these moments.

**5. Flash A Smile:** A lot of people don't smile these days, and often you have to be the one that initiates it. But not only does smiling make you feel good, smiling at someone will make their day too. Smile more

and watch how your day can instantly turn around. While you're at it, give compliments too. Be sincere - find something about the person that you appreciate and let them know.

## **6. Volunteer:** Give back to your community.

Whether you feed the homeless, build a playground for kids or volunteer at an animal shelter, find something that will allow you to make a positive impact in the lives of others. This will make you feel great!

## **7. Say Thank You:** There is a lot of power in these 2 words. When someone does something nice, acknowledge them. Tell them "thank you." Flash your smile with those words too. Not only will it make you feel better, but it will make their day too. Whether it's the checkout person at the grocery store or a stranger holding the door open for you, always say "thank you." You can take this a step further by mailing thank you cards to people. It's a lost art, but when someone receives your thank you card, it will make their day.

**THANK YOU!**

I want to thank you for downloading this Ultimate 1 Page Gratitude Journal (found on the next page) and the 7 Simple Steps To Gratitude.

Date: M T W T F S S / /20

This morning, I am grateful for...

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

My #1 focus today is \_\_\_\_\_

**"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**

By the end of the day, I will have accomplished...

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

My wins for the day are \_\_\_\_\_

**"If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get." -- Frank A. Clark**

What lessons did I learn today? \_\_\_\_\_

This evening, I am grateful for...

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**"Gratitude can transform common days into thanksgivings, turn routine jobs into joy and change ordinary opportunities into blessings." -- William Arthur Ward**