

Gratitude Journal Activity

Lists make great journal exercises, because they are relatively quick to do and provide you with an immediate and tangible result... and nothing can make a better list than a list of the things you cherish.

The things you love.

The things that make life worth living.

In short, the things that you are grateful for.

We are going to make a list of 100 things we are grateful for, but it is broken up into 5 mini-lists that are only 20 lines long... you can do this! I will help!

I'll give you the first three things in each category from my own gratitude list... as list that is constantly evolving. A list that is never complete... let's face it, we each have thousands if not millions of things to be grateful for over the course of our lives.

So don't put pressure on yourself to make this all-inclusive.

It might not even capture what you are most thankful for... just write the first 20 things that pop into your head and move on.

In the end, you'll have sended this day on a much higher note than most people ever bother to... moving forward into tomorrow with gratitude is pure, positive, power.

And for someone who is rebuilding or maintaining their cardiac health... it's the fountain of youth!

4. List 20 experiences that were not what you were hoping to happen... but that turned out to be exactly what you needed. Things that have happened to you that you are grateful for... things that you might not have considered to be a good experience, until you reflect back on it:

- I'm grateful that I lived on the other side of the country from all my friends and family when I had my first child... at first I was so isolated, but now I can see that I made all my own parenting decisions without the influence of others, and I feel like a stronger parent because of that.
- I'm grateful that I had a baby girl first and a boy second
- I'm grateful that I didn't take art classes, because I developed how *I* was meant to paint, and am not limited by any art technique
