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 then 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 then 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!

 List 20 things that you are grateful worked out for you evidence the universe is on your side: 	that
 My children were hand picked straight from heaven to be the perfechildren for *me* 	ct
 My landlord decided to rent my home to me for another year instea put it on the market and sell it this year. 	d of
 My parent's found me safe and sound when I got lost at 6 years old middle of a crowded city in Hawaii. 	d in the

2. List 20 things that are working well for your body right now:	
- I only eat when I enjoy what I'm eating, and I really feel good about t	that
- I have a naturally high energy level	
- My teeth whitening system is working	

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3. List 20 things in your life you are grateful for right now:	
- That my parents are so close to my children and my children love spending time with my parents	
- The morning sunlight in the kitchen	
- That my kids laugh and get punchy when they get tired, instead of	f cranky

4. List 20 experiences that were not what you were hoping to happ that turned out to be exactly what you needed. Things that have happened to you that you are grateful for things that you might have considered to be a good experience, until you reflect back	not
- I'm grateful that I lived on the other side of the country from all my and family when I had my first child at first I was so isolated, bu can see that I made all my own parenting decisions without the in of others, and I feel like a stronger parent because of that.	t now I
- 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 ho	w *l*
was meant to paint, and am not limited by any art technique	

5.List 20 things that you are grateful for that have happened to the peop in your life that you love:	ole
- that my kids are best friends with each other, and have each other to connect with each day	
- that my both of my brothers have been blessed to become fathers this past year	
- that my mother walked away from a huge car accident with only an injudical	ured

