

Download Gratitude Journal Finding Gratitude In Every Day

What is a Gratitude Journal? A gratitude journal is, quite simply, a tool to keep track of the good things in life. No matter how difficult and defeating life can sometimes feel, there is always something to feel grateful for. November is upon us and with it comes the official season of gratitude in the United States. Gratitude can have a significant positive influence on our physical and mental health, but like other healthy habits, even though we know it's good for us, we often struggle to practice it consistently. It can be easy to get swept away in the fast lane and forget to stop and show your appreciation for what you do have. A life well lived is one of gratitude and thankfulness. To help you on your ...A gratitude journal is simply an ongoing list of things that you are thankful for. The idea is that you write down two or three things each and every day that are blessings in your life.