**THE IMPORTANCE OF GRATITUDE**

Gratitude wakes us up to the beauty and magic of everyday life, but we have to choose it. Create the space for a simple daily routine of reflection and doing the work, and over time the benefits start to show up in our lives in overwhelming ways.

People who practice gratitude consistently feel more generous, compassionate, and connected to others. Ultimately gratitude is one of the great keys to unlocking happiness.

**USING YOUR GRATITUDE JOURNAL**

The way you use your gratitude journal is up to you, but we recommend writing in it each night before bed. Building a routine of gratitude into your evenings is a great way to wind down, reflect on your day, and generate positive emotions. This shift in perspective is an excellent way to calm a busy mind before drifting off to dreamland.
“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

— Melody Beattie

“If the only prayer you said was thank you, that would be enough.”

— Meister Eckhart
“Gratitude is when memory is stored in the heart and not in the mind.”

Lionel Hampton

“Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you.”

Eileen Caddy
“It’s never the greener pastures a few miles ahead. It’s the Earth beneath our feet right now.”

Tamara Levitt

“Nothing can bring you peace but yourself.”

Ralph Waldo Emerson
“Gratitude doesn’t cancel out what’s hard in our lives, but rather reminds us of what we have.”

Anonymous

“It’s nice to look back on your life and see things as lessons and not regrets.”

Rihanna

TODAY I’M GRATEFUL FOR:

[Blank boxes for writing]

DATE

TODAY I’M GRATEFUL FOR:

[Blank boxes for writing]
“The thankful heart opens our eyes to a multitude of blessings that continually surround us.”

James E. Faust

“Gratitude wakes us up to the goodness and beauty in life. But we have to choose it.”

Tamara Levitt
“Silent gratitude isn’t much use to anyone.”

Gertrude Stein

“The more you praise and celebrate your life, the more there is in life to celebrate.”

Oprah Winfrey
“Practicing gratitude is how we acknowledge that there’s enough and we’re enough.”

— Brené Brown

“A journey of a thousand miles begins with a single step.”

— Lao Tzu
“This is a wonderful day. I’ve never seen this one before.”

Maya Angelou

“Feeling gratitude and not expressing it is like wrapping a gift and not giving it.”

William Arthur Ward
“Acknowledging the good that you already have in your life is the foundation for all abundance.”

Eckhart Tolle

“Gratitude is one of the sweet shortcuts to finding peace of mind and happiness inside.”

Barry Neil Kaufman
“An attitude of gratitude brings great things.”

Yogi Bhajan

“When you change the way you look at things, the things you look at change.”

Wayne Dyer
“Wherever you are, be there. If you can be fully present now, you’ll know what it means to live.”

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Steve Goodier

“It is not joy that makes us grateful; it is gratitude that makes us joyful.”

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David Steindl-Rast

TODAY I’M GRATEFUL FOR:
“Rather than being your thoughts and emotions, be the awareness behind them.”

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Eckhart Tolle

“Just as a gardener tends to her flowers, care for your practice daily, and watch it grow, strengthen and blossom.”

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Tamara Levitt

TODAY I’M GRATEFUL FOR:

TODAY I’M GRATEFUL FOR:
“If your compassion does not include yourself it is incomplete.”

— Jack Kornfield

“What you focus on grows, what you think about expands, and what you dwell upon determines your destiny.”

— Robin Sharma

TODAY I’M GRATEFUL FOR:

TODAY I’M GRATEFUL FOR:
“The pause is as important as the note.”

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Truman Fisher

“Gratitude is a powerful catalyst for happiness. It’s the spark that lights a fire of joy in your soul.”

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Amy Collette
“The more grateful I am, the more beauty I see.”

Mary Davis

“I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder.”

Gilbert C. Chesterton