

GRATITUDE JOURNAL

*"I think gratitude is a demanding quality, a rigorous quality. It's a discipline, an exercise."
 "[It takes effort] to create and maintain" it . . . "It is not for the intellectually lethargic."*

- ROBERT EMMONS

TOP THREE GIFTS...

Take a moment during the day—right before bedtime is usually best—to jot down three things that happened that day for which you are grateful. Anything that made you feel uplifted, that brought a smile to your face or your heart, or will contribute toward your future happiness, works.

JAMES 1:17 (The Message)

Every desirable and beneficial gift comes out of heaven. The gifts are rivers of light cascading down from the Father of Light.

1 TIMOTHY 6:17 (TNIV)

...put your hope in God, who richly provides us with everything for our enjoyment.

WHY WAS THIS GOOD?

After each situation or event for which you feel thankful, write down why this was good for you.

PSALM 103:1-2 (NASB)

Bless the LORD, O my soul, and all that is within me, bless His holy name. Bless the LORD, O my soul, and forget none of His benefits.

WHO PLAYED A ROLE?

Also, make a note of who, if anyone, played a role in what you've recalled for the day and how that person had an impact on your life.

PHILIPPIANS 1:3 (TNIV)

I thank my God every time I remember you.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY