



GRATITUDE JOURNALING TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



GRATITUDE JOURNALING

▷ What You Will Discover

- What gratitude journaling is.
- How gratitude journaling improves your health, happiness, and relationships.
- How gratitude journaling shifts your perspective.
- How gratitude journaling improves how we experience life.

▷ What Gratitude Is?

The definition of Gratitude: A strong feeling of appreciation and thankfulness to someone or something for how it has helped and benefited you.

The definition of Attitude of Gratitude: Making it a habit to express thankfulness and appreciation in all areas of your life, for both the big and small things alike, resulting in feeling more joyful and fulfilled.

▷ Resources for Journaling Prompts

As I mentioned in Module 1, practicing gratitude is scientifically proven to boost happiness and reduce stress. That is why I feel that Gratitude journaling is a foundational form of journaling that should be part of your everyday routine. I believe a daily practice of gratitude alone can truly transform your life. While many forms of journaling in this course can be explored as you feel called, I strongly encourage you to make gratitude journaling a part of your daily life. If



a day goes by where you've missed your gratitude journaling I recommend recounting things that you are grateful for as you fall asleep. It's a beautiful way to enter into sleep on a positive note.

And speaking of sleep, studies show that those practicing gratitude fall asleep faster, sleep longer, and have a higher quality of sleep. So count those blessings, not sheep!

Gratitude also increases optimism which in turn increases productivity and results.

In an experiment by Dr. Robert Emmons at the University of California-Davis it was shown that people who kept a gratitude journal enjoyed better physical health, exercised more regularly, and described themselves as happier than those in a control group that didn't journal.

Practicing gratitude also improves the health of our relationships. Just think about it. If you start focusing on all the things about your partner that you're grateful for, rather than all the things about them that drive you crazy, how much happier are you both going to be? How good would it feel to be on the receiving end of that? By initiating gratitude in your relationship you will naturally find it being reciprocated.

▶ How to Journal for Emotional Processing and Healing

Now let's break it down to the basic facts. Negativity and positivity cannot exist at the same time. You can't be feeling stressed, anxious, or depressed at the same time you're feeling positive and grateful. It's just not possible. By consciously taking time in your day to think about positive things and things you're appreciative of, you disengage from the harmful activities of worrying, moping, or being critical towards yourself. The more you do this, the more of a habit it becomes. It starts to become a habit for you to notice the positive in things. It becomes natural to notice, feel, and appreciate the good things around you. It shifts your perspective to a more positive and happy one. And who wouldn't want to do that?

This change in your perspective will leak over into the tougher times too. Of course things aren't going to be all sunshine and rainbows all of the time but by having a practice of gratitude in your life it helps us transmute our suffering into growth by allowing us to see the lessons and blessings in our struggles rather than focusing solely on the sadness, anger, disappointment, bitterness, and resentment.

You may be thinking that this sounds like a fairy tale. You can't imagine feeling grateful on a

daily basis with everything you have going on in your life. It may feel forced at first. It just takes practice. I promise you it will get easier and it can totally change how you see and experience your life. By living the gratefulness you don't yet feel, you begin to feel the gratefulness you live. Gratitude is more than a feeling. It's a choice. And attitude towards life. When you have the courage to decide to live gratefully you open yourself up to the richness and fullness of your life. You learn to BE grateful and not just feel grateful once and a while.

"It's not happiness that brings us gratitude. It's gratitude that brings us happiness."

It can be easy to find gratitude in the more positive times in your life but it is nurturing and creating an overall attitude of gratitude in your life, that allows you to deal with those more stressful or sad times in your life in a healthier way. It allows you to find that light in the dark and know it is always by your side.

We are all seeking happiness and happiness is not found in acquiring more things or more accomplishments or from the approval of others. Happiness is found in the gratitude for what we already have.

So how do we cultivate this attitude of gratitude? One of the best ways is by regularly engaging in gratitude journaling. Journaling about what you are grateful for brings your awareness to the beauty, love, and abundance that is around you every day. You may have a hard time feeling that way sometimes, but trust me, it's there. It can be as easy as listing out 5 things you're grateful for each day, but I suggest taking it deeper. Don't just jump at the first 5 things you are grateful for and repeat the same things day after day. For example, don't just say every day that you're grateful for your family, friends, health, shelter, and food on the table. Get creative. Dig deeper. Be specific if you are going to use some of the previous examples. What about those people and things make you grateful? What do you appreciate and why? Open up your awareness on a daily basis to what there is to be grateful for. You will begin to notice things around you that you never took the time to appreciate before. This is what shifts your perspective to a new way of experiencing your life.



"Shifting your daily awareness towards gratitude shifts your perspective on your life and how you experience it."

Now let's dive into some Gratitude Journaling Prompts.

▶ Journal Prompts

- What are 5 things you are grateful for? Try to get a little creative and be specific?
- Why are you grateful for each of these things? In what way do they enrich or improve your life?
- How is your life more positive today than it was a year ago?.
- What are you avoiding with these distractions?
- Who made you smile in the last 24 hours and why/how?
- Describe a small, everyday thing that you enjoy with a special person in your life?
- Describe your happiest childhood memory?



Notes

A series of horizontal dotted lines for writing notes.

