



# GRATITUDE JOURNALING WORKSHEET



TRANSFORMATIONAL  
JOURNALING

with *Christa Potter*



# GRATITUDE JOURNALING

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.

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.

Journaling about what you are grateful for brings your awareness to the beauty, love, and abundance that is around you every day. 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.

Enjoy!

*Christa Potter*





▷ What are 5 things you are grateful for? Try to get a little creative and be specific.

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▷ Why are you grateful for each of these things? In what way do they enrich or improve your life?

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▷ How is your life more positive today than it was a year ago?

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▷ Who made you smile in the last 24 hours and why/how?

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▷ Describe a small, everyday thing that you enjoy with a special person in your life.

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