

Gratitude Journals

A somewhat Special Report
written by Paul B. Taubman, II

This report is optimized for viewing on a computer screen, but it is organized so you can also print it out and assemble it as a book. Since the text is optimized for screen viewing, the type is larger than that in usual printed books.

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Forward

I am grateful that you are spending time to read this report that I have written on the subject of Gratitude Journals.

Gratitude journals are a very personal item like a personal diary. There is no right or wrong way to have one, or write in one, or for a specific format. Whatever works best for you is the best way to use one. Some people I know like to carry it around with them as write it whenever they feel like capturing the moment. Other fiends like to journal either first thing in the morning, or last thing before bed (so do both!).

For additional information on how you can increase the Gratitude you experience in your life, come visit us at:

<http://www.AllAboutGratitude.com>

By signing up for the Gratitude Quote of the Day, you can start your day with a small dose of gratitude.

In addition, we can be contacted via our contact page at:

<http://allaboutgratitude.com/blog/contact-us/>

Be Well.

Paul B. Taubman, II

Gratitude Journals

I have discussed this briefly in the past in the Quote of the Day as well as in my blog. I think this is a good time to talk about keeping a Gratitude Journal and why it is an awesome thing to do. I have been keeping a gratitude journal for some time now and even though it has been in different forms, I have found that I feel empty when I am not using one.

What is a Gratitude Journal?

Anything can pretty much be a gratitude journal - an old notebook, a loose-leaf folder, a dedicated journal notebook, an electronic document, or even a collection of scraps of papers! There is no right answer to that it physically is - whatever works best for you and your lifestyle is what you should use.

For most people, it should not be a collection of scraps of paper, random index cards, or notes that get tossed into a shoebox. Most people prefer to have something that looks aesthetically pleasing and enjoyable to view. Opinions vary as to if it should contain blank pages or lined. Some people prefer books that are composed of graph paper. As you can see, it really is a personal preference.

Now that you have an idea on what it is physically, let me tell you what it REALLY is. A gratitude journal will become one of your most treasured items you possess! Within your journal, you will be writing down all the things for which you are grateful.

Your journaling can be something that is structured, such as writing down all the things for which you are grateful that occurred in the day; this writing can be the last thing you do before going to sleep. Or, as something comes into your mind, you can simply write it down. You can take time to write down as many things as you think at one

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sitting, or simply as they come into your thoughts. Your Gratitude Journal should always be readily accessible so when the inspiration hits you – you should have the ability to capture the thought at a moments notice!

As you interact during the day, think about what you can journal about - this will often put you in a more gratitude-filled mood. When you are searching for gratitude, you will easily find it. When you spot something, write it down. You can date each entry or just keep it free flowing. If you want to personalize it, you can include pictures you have taken to help immortalize the moment. Whether you an artist or not, you may want to sketch some things that catch your eye that fill you will gratitude.

If you ever feel like you have had a miserable day and nothing seems to be going your way, simply open up your Gratitude Journal and start reading what you have written. After reading a few things, your mood and spirit will shift 180 degrees and help put you back into having an Attitude of Gratitude.

There is a French proverb that says, "Gratitude is the heart's memory." By journaling your gratitude feelings, you can keep a written history of your heart's memory for a much longer time period. You will be able to go back and reflect on your journey and will yourself with those memories.

If you are skeptical about doing this, try it out for 21 days; just 3 short weeks. Start with a notebook and date each page, starting with today. Commit to writing something for each day. After 21 days, look to see how you are feeling. You will see that by just journaling each day, you will feel like a new person.

Resources

Things I have used for my Gratitude Journal:

- Simple spiral notebook
- Loose-leaf binder
- A nice leather binder with exchangeable filler pages (currently in use)
- I have created a document for my journal using Google Docs (<http://www.google.com/docs>) - this is accessible to me no matter where I am (as long as I have an internet connection)
- There is an iPhone app - Gratitude Journal – this is a handy app that keeps me focused on the run.
- For my Mac Desktop, I have used Journler <http://journler.com/> - while development has stopped on this package, there is still support as well as a forum for discussions. It is a full-functioned application that handles A LOT of additional tasks.

A few years ago, I discovered a book that talked all about journaling. It is copyright in 1978, and written by Tristine Rainer. It is a wonderful book on keeping a journal titled, *The New Diary*. While it is not focused primarily on gratitude, it does provide some wonderful insight into journaling, per se. As the book's description states,

A blueprint for efficient, productive and creative diary writing, it is a tool for tapping the full power of your inner resources. With more than 100,000 copies in print, *The New Diary* is as much for the novice journal-keeper as it is for those who have kept diaries their whole lives.

I found it a good read as well as a great way to help me with my journaling of gratitude.

Summary

There is no right or wrong way to use and maintain a Gratitude Journal. Whatever fits your personal preference will work. Try to write on a consistent basis, and try to write in something that is organized and works for you.

May you live a life of gratitude in everything that you do!

If you have any comments, suggestions, criticism, or anything about this report, please let us know at:

<http://allaboutgratitude.com/blog/contact-us/>