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My Gratitude Journal: 100 Pages to Write Down What You Are Grateful for in Your Life

Ron Kness

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My Gratitude Journal: 100 Pages to Write Down What You Are Grateful for in Your Life

Ron Kness

My Gratitude Journal: 100 Pages to Write Down What You Are Grateful for in Your Life Ron Kness Gratitude is an emotion. It’s how you feel when you’re thankful for something. Think right now about something that you’re thankful for. It can be small like the socks on your feet or it can be larger like the roof over your head, your job, your family or your life. Gratitude is also an awareness or recognition. When you express or feel gratitude, you’re acknowledging that there is good in your life, in you, in the world and all around you. With the way things are in the world right now, we can all use acknowledge of something good! Feeling grateful changes how you feel inside. It is an easy way to reduce stress in your life. It’s easy to let the negative thoughts, words, situations, events, and actions in the world take over your heart and mind. Many in society seem to focus on the negative; we know the media does. It’s on the news, in magazines and newspapers, and it may be the general tone of the conversations you encounter during the day. Yet, the simple emotion and expression of gratitude diminishes all of that negativity in a powerful way. Make this journal your "happy place" where you can go and record thoughts of positivity to overcome the negativeness all around you in your life right now. You will feel better in the end.

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