

The Health Benefits of Gratitude

Practicing gratitude feels good for the soul, but did you know that it's good for your body and brain? There have been scientifically-proven health and psychological benefits of living a grateful life.

In a 2012 study published in *Psychology Today*, grateful people reported feeling healthier than those who do not practice gratitude. Spending just a few minutes a day thinking about the things you're grateful for can help improve your relationships and even help you sleep better!

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for." -Zig Ziglar

How to Develop a Gratitude Practice

► **Pick out a special journal to write down your thankful thoughts.** It doesn't need to be fancy, but it should inspire you to commit to this daily practice. See the Buzz on page 25 for a chance to win a complimentary journal!

► **Choose a time of day to write in your journal.** Many people start their day in the morning by jotting down some happy, grateful thoughts. You also could wait until evening to write about all the good things you encountered throughout the day.

► **Take your time and make it personal.** This journal is meant for your eyes only, so you don't need to rush or obsess over how it sounds.

► **Feeling stumped? Consider different categories.** Think about places, people, things, and events that you feel thankful for.

► **Reflect on your previous entries.** It can be a pleasant reminder of beautiful experiences and help inspire new thoughts for your journal.

Start your own gratitude journal with this template!

My Gratitude Journal



I am grateful for...

Date:

Date:

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |
| 5. _____ | 5. _____ |

Date:

Date:

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| 1. _____ | 1. _____ |
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| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |
| 5. _____ | 5. _____ |

"If you want to find happiness, find gratitude."

The Gratitude Journal

R Barnett



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