


# Gratitude Prompts & 21-Day Tracker

*5 Ways to Practice Gratitude*



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EDUCATION

# 5 Gratitude Journal Prompts To Find Gratitude Today

## 1. LOOK IN THE MIRROR.

This is your chance to truly acknowledge what you love about yourself! Do you like your eyes, your hair, your smile? Write it down and celebrate it. But then go deeper... what about your intelligence? Your strength? Your giving nature? Your ability to be a good friend? What about the hobbies you love? You are a beautiful collection of good things. Write them down and validate the goodness within you.

## 2. "WHAT IF \_\_\_\_\_ WAS MISSING FROM MY LIFE?"

It's easy to say you're grateful for certain things in your life. It can be harder to articulate WHY you're so thankful for them. So flip the script! Ask yourself what would be different about your life if the thing you're grateful for was suddenly missing. We're talking things like the people you love, the modern conveniences that make daily life easier, the material possessions you hold dear. Imagine what it would be like to live without those things—and then write it down!

## 3. THE GREAT OUTDOORS.

There are things to be grateful for all around us. Finding them is as easy as stepping outside! Take a hike and describe how the ground feels beneath your feet. Find your favorite color in a flower garden, in the treetops, in the sky above—and put the feeling it gives you into words. Spend a day in the park, and make note of everything that makes you smile. There's no doubt that the list of things you're grateful for is a long one!

#### **4. GRATITUDE AT WORK.**

Most of us spend long hours at work. So shouldn't we look for things to be grateful for while we're there? Is it a caring boss? The comfort of a reliable paycheck? A flexible schedule? A coworker who always has your back? Make note of all the things that make you grateful to have meaningful work in your life.

#### **5. GET PERSONAL.**

Put into words why you're so thankful for the family members and friends in your life. Explain why a recent experience meant so much to you. Describe why being a part of your community is so rewarding. Talk about your favorite book or way to pass the time. If it means something to you personally, then it's something to be thankful for!

***Here are some tips to get you started...***

#### **CONSISTENCY IS KEY**

Habits form out of consistency. To train your brain to find the best in all possible situations, practice journaling daily. Where or when you choose to write in your journal isn't the important part. Whether you are an AM or PM writer, find a time that works for you and stick to it *every single day*. Start each writing session by putting the date at the top of the page and beginning with the words, "I am thankful..." Then list 5 different things you're thankful for.

## **WRITE IT DOWN—AND GET CREATIVE!**

This should go without saying—it is a journal after all. But writing down your gratitudes is so important. And it's also an opportunity for creativity. Find a beautiful journal that you want to open every day. Grab some fancy-shmancy colorful pens and markers. Make it your own!

## **FEEL IT.**

Previously we talked about the difference between real gratitude and merely saying thank you. This is where that knowledge comes in handy. When you think about whatever you're grateful for, take a moment—even if it really is just a moment—to feel that gratitude throughout your entire body. Make the experience as real as possible. Simply writing down what you're grateful for, without experiencing it, defeats the purpose of the exercise. Make it real and it will last.

## **DON'T KEEP IT IN YOUR HEAD.**

Give it power through your written word. If you follow these simple rules, gratitude will begin to shape your life very quickly. You'll start to feel a sense of duty to your journal, and that duty will open up your eyes to all of the wonderful things life has to offer that you can be grateful for.

## **GET SPECIFIC!**

These gratitudes also need to be specific. We shouldn't simply write, "I am thankful for my family." Instead we should be specific, with something like, "I am thankful for Thursday night pizza with my parents.." Or "I'm thankful for my health." That's too generic. Make it specific. "I'm thankful that my fingers allow me to type on this keyboard while I create this gratitude tracker.."

# *Why 21 days?*

The reason it's important to do this for 21 days is because the 21/90 rule states that it takes 21 days to make a habit and 90 days to make it a permanent lifestyle change.

This means if we can do something consistently for 21 days it becomes a habit. Once it becomes a habit, and we can keep it up in 90 days the change can become a permanent lifestyle change.

This is a guideline more than a rule, but our brain likes habits because they are efficient, and when a behavior becomes a habit, our brains don't have to think so hard about doing it.

# *21 Day Gratitude Tracker*

**DAY 1: I am thankful...**

**DATE:**

1)

2)

3)

**DAY 2: I am thankful...**

**DATE:**

1)

2)

3)

**DAY 3: I am thankful...**

**DATE:**

1)

2)

3)

# *21 Day Gratitude Tracker*

**DAY 4: I am thankful...**

**DATE:**

1)

2)

3)

**DAY 5: I am thankful...**

**DATE:**

1)

2)

3)

**DAY 6: I am thankful...**

**DATE:**

1)

2)

3)

# *21 Day Gratitude Tracker*

**DAY 7: I am thankful...**

**DATE:**

1)

2)

3)

**DAY 8: I am thankful...**

**DATE:**

1)

2)

3)

**DAY 9: I am thankful...**

**DATE:**

1)

2)

3)



# *21 Day Gratitude Tracker*

**DAY 10: I am thankful...**

**DATE:**

1)

2)

3)

**DAY 11: I am thankful...**

**DATE:**

1)

2)

3)

**DAY 12: I am thankful...**

**DATE:**

1)

2)

3)

# *21 Day Gratitude Tracker*

**DAY 13: I am thankful...**

**DATE:**

1)

2)

3)

**DAY 14: I am thankful...**

**DATE:**

1)

2)

3)

**DAY 15: I am thankful...**

**DATE:**

1)

2)

3)

# 21 Day Gratitude Tracker

**DAY 16: I am thankful...**

**DATE:**

1)

2)

3)

**DAY 17: I am thankful...**

**DATE:**

1)

2)

3)

**DAY 18: I am thankful...**

**DATE:**

1)

2)

3)

# *21 Day Gratitude Tracker*

**DAY 19: I am thankful...**

**DATE:**

1)

2)

3)

**DAY 20: I am thankful...**

**DATE:**

1)

2)

3)

**DAY 21: I am thankful...**

**DATE:**

1)

2)

3)