



**Discover + Choose + Act = Zelations Living Formula**

***The Balanced Life Formula:***

***5 Simple Steps to De-Stress, Create Balance and Find Peace***

**Module # 3: Gratitude and Happiness**

**Worksheet: Gratitude Journal**

**The Practice: Shift your thoughts from worry, anger, and negativity to thoughts of gratitude**

**The Gift to Yourself:** Gratitude leads to positive thinking. Positive thinking is a great stress-reduction technique. Instead of sinking into your habitual negative thoughts, you can consciously redirect your thoughts, and your emotions will automatically follow. You can shift from feeling scared, stressed and worried to feeling relaxed and happy - any time you choose - by focusing on gratitude.

Writing in a gratitude journal will help you increase your awareness of the many things you already have that you could feel thankful for. Looking for the good in yourself and others, and finding it, connects you to feelings of love, happiness and peace. Feeling gratitude is a powerful mood booster and can help you shift into a positive state very quickly. By writing in a gratitude journal every day, the many positive effects of being grateful are made even stronger.

***Your Gratitude Journal:***

\* Attached in this email is a gratitude sheet that you can print so you can start your practice today, print one sheet for every day of the week. You could also get yourself a beautiful book to write in, or you can create a Gratitude document on your computer. The important thing is that you write it down.

\* Choose a time that is best for you to do this. You can do your Mindful Breathing Meditation, say Your Personal Power Mantra, and then write down what you are Grateful for. Or you can do it at a different time from your other practices. Whatever works best for you. I like to write in my gratitude journal in the evenings just before bed. I rest better going to bed with grateful thoughts as opposed to all the negative stories and situations rolling around in my mind. In addition to doing this at the same time every day, you can also do this any time you find yourself in a stressful situation. Step back, take a moment, breathe mindfully, and write down 5



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things you are grateful for in this moment. Then return to the situation at hand, feeling more positive and better able to handle whatever you need to do. This will not fix all your concerns but it is the first step towards a more positive outlook.

\* Start by writing down 5 things that you are grateful for every day. Once you have written 5, feel free to add more!

\* Write down different things you are grateful for every day, trying not to repeat them from previous writings. This will train your mind to keep looking for new things to appreciate and feel grateful for.

- If you are wondering what to be grateful for, here are some things to consider:

grateful for your family

grateful for your skills

grateful for the situations and experiences in your life that makes you happy

grateful for your sensitivity - how sensitive you are to joy and the good in your life

grateful for your senses and the natural gifts they give you – hearing, taste, smell, touch and sight

grateful expressions – smiling, saying please and thank you

grateful for an attitude you want to practice and develop

grateful for who you are

grateful for your body and the gifts it gives you

grateful for being alive

grateful for your breath

grateful for your talents – painting, writing, playing the piano, what this gifts give you

grateful for the people in your life, all your relationships – family, friends, colleagues etc. ... note why you are grateful and how you feel when you think of them

You can even challenge yourself to write gratitude for someone you don't like or that has hurt you and find a reason that you can appreciate them. This doesn't mean you have to like who they are and what they do, but you can find gratitude for them as a person and what they offer others once we remove our story about them.

Simply write:

"I am grateful for..." and fill in the blank. Do this 5 times or more.



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Daily Gratitude Journal

I am grateful for \_\_\_\_\_

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I am grateful for \_\_\_\_\_

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I am grateful for \_\_\_\_\_

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I am grateful for \_\_\_\_\_

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I am grateful for \_\_\_\_\_

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*In Gratitude,*  
*Susan*