



Celebration Gratitude Journal:

Beginning your Celebration Gratitude Journal is easy when you follow these easy steps.

Step #1. Define your rules. Make them easy and fun. Here are my rules. You may use them as a guide while you write your own rules. This activity is intended to be fun. It is not intended to add additional stress or guilt. It is meant to invigorate you, not add additional burdens. Although you do not have to write every day, you should be consistent in when you write so that you can form the proper habit. It would be good to write a minimum of once a week to make it effective. Here are the rules I set for myself. You can review them, adopt them and then write your own.

My rules are:

I do not have to write complete sentences.

I only write 5 things a day and

I don't have to write every day.

You can certainly make up your own rules or adapt my guidelines. Every opportunity I get, I share the concept and an empty journal with those I meet. If it made a difference in my life, I would hope it would in the lives of those in my circle of influence. I love to share the great ideas that have been given to me. Recently 25 young women aged 12-17 were given Celebration Gratitude Journals at a camp that I visited. Imagine how richly blessed their lives will become if they take this ritual seriously while in their youth and carry it on through the years. Imagine them passing down this habit with their posterity. Imagine how different your life will be in a few years after you have shared your thoughts in your Celebration Gratitude Journal and share it with everyone you meet. Imagine passing this legacy down to your posterity and over to your friends.

Sometimes when I need strength or need a lift or even a chuckle, I open my Celebration Gratitude Journal and read former entries. Sometimes I can tell exactly the circumstances of that day. Other times I wonder that I even experienced those emotions. I was surprised to find a much repeated entry that I did not realize was even on my list of the top 5 things to be grateful for. Time and time again I wrote "a warm home". Yes, I am grateful on a cold winter night to have a warm home to live in. I was still amazed at how frequently that was listed in my book.

Sometimes in our darkest hours, it might seem there is nothing to write. Those are the nights I might enter that I am grateful that the day is over. My entry might read: "the promise of a new day". Digging deep for something of substance has

happened to me before as I am guessing is the case with most humans. Have you ever found yourself wondering what there was to be grateful for when it seems the world has turned against you? On other days, gratefully most days, in fact, my entries read more like:

- My life
- My husband, my best friend
- The sunrise
- Walking toward the sunset
- Lots of great water to drink

Step #2. Select your journal to write in. Although the most important part is writing it down, I would encourage you to make writing in your journal an experience you look forward to. One way to do this is to choose the most beautiful design for your journal that you can find. It doesn't need to be expensive, but should look great, and feel nice to you. I would suggest you spend a little time, handle it, and make sure you like the color and feel of it. I have discovered some wonderful choices at local dollar stores. In fact, I stock up on them so I can share them when I have the opportunity.

Step #3. Begin

Just this week I was able to take one to a neighbor who is going through some challenging times. There is something about counting our blessings and naming them one by one when life gets hard. Now I must go enter in today's space that I am grateful I can share such a life changing experience with you, my friends.

You are ready to begin. It is as easy as 1, 2, and 3. Begin immediately for a life changing experience.