



Gratitude  
Journal

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**POSITIVITY JOURNAL**

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This book belongs to:

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**FEEDING YOUR  
BODY WITH THE  
GRATITUDE OF  
LIFE**

As we get older and life gets more complex, time flies between work, family, kids, and constant responsibilities.

How often have you said, “They’re not enough hours in a day.”

And the Universe surprisingly sends obstacles that abruptly cross our paths unexpectedly, making our lives more challenging. Many of these obstacles that crossed my path have caused me stress and despair. Hence, I taught myself not to let the stresses of life get the best of me.

We all could look back and focus on the negative. But where will that get us? It could possibly cause us to experience anxiety or depression. Is it worth it?

I have found over the years the only way of experiencing happiness is to focus on the positive. Positive thinking is key to achieving empowerment and happiness.

# HOW DO I DO IT?

I only focus on the positive. Focusing on the good things in life brings me joy and strength. It gives me a reason to enjoy and be happy with my life and look forward to the future.

## **AN OUNCE OF GRATITUDE GOES A LONG WAY**

I found the best way of achieving happiness is to change our thought patterns (the way we think). I find that I get lost in my world every so often, focusing on what's important to me. This is why I like to take some time out each week to meditate and work on enhancing my level of gratitude.

During this time, I take a step back.

- I close the lights.
- Sit in my sitting room.
- Put some relaxing music on.
- Light a few candles.
- Sit on the floor.
- Close my eyes.
- Then think about the people who are most important to me in my life.
- With all of life's obstacles, who was there to help you? Who was your rock? When you accomplished something, who were the people on the sidelines cheering you on?

When you ventured into a new era of life, who were the ones to support you and give you the motivation and encouragement you needed while you entered unfamiliar territory?

It's these people who you need to thank. The people who made a difference in your life. The people who gave you the strength and motivation you needed to be the person you are today.

The people who helped you through your toughest times and continue to show their love and support. It is because of these people that helped bring purpose into my life, and, most importantly, they taught me to love in a way I never thought possible.



# TIME TO GIVE THANKS

We sometimes take the little things in life for granted, but I assure you that you would realize the huge impact they made in your life if those things were gone. So, take a moment each week to share and give thanks to the people who helped, taught, loved, and inspired you.

A few words of gratitude go a long way. Also, remember you are a wonderful, special individual, and that's why people do the things they do for you.

So, take a moment to express how much you care about them and the impact they made in your life. I'm sure they will appreciate it more than you'll ever realize.

# A DAILY SERVING OF GRATITUDE WILL EMPOWER YOUR LIFE

Research has shown that people who incorporate a daily “attitude of gratitude” into their lives improve their lives significantly emotionally, physically, and spiritually.

A recent study by psychologists showed that people who incorporated gratitude into their lives obtained better health, sounder sleep, less anxiety and depression, higher long-term satisfaction with life, and kinder behavior toward others, including romantic partners.

Another study showed that feeling grateful makes people less likely to turn aggressive when provoked, which helps explain why so many people are happy and pleasant on Thanksgiving Day.

Sadly, most people in our society look out for themselves first, and instead of being happy with what they have, most people focus on what they don’t have or what they can get next.

One of the most important things that we can do to empower ourselves and improve our

lives is express gratitude. Learning to be thankful for what we have instead of focusing on what we don't is one of the most important things we can do to improve our mental health and provide us with peace of mind. In addition, expressing gratitude helps people readjust how they see the world.

Here are some inspiring quotes that I use during meditation that have helped me be grateful, appreciate my life, and live with peace, love, and joy. I hope they help you as they did for me.

# INSPIRING GRATITUDE QUOTES

*“Happiness itself is a kind of gratitude.”*

~ **Joseph Wood Krutch**

*“It is not good for all our wishes to be filled; through sickness, we recognize the value of health; with evil, the value of good; through hunger, the value of food; through exertion, the value of rest.”*

~ **Greek Proverb**

*“You do what you can for as long as you can, and when you finally can't, you do the next best thing. You back up but you don't give up.”*

~ **Chuck Yeager**

*“Learn to get in touch with the silence within yourself, and know that everything in this life has a purpose. There are no mistakes, no coincidences, all events are blessings given to us to learn from.”*

~ **Elizabeth Kubler-Ross**

*“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”*

~ **Albert Einstein**

*“You have no cause for anything but gratitude and joy.”*

**~ The Buddha**

*“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”*

**~ Marcel Proust**

*“You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you.”*

**~ Sarah Ban Breathnach**

*“At times our light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”*

**~ Albert Schweitzer**

*“Granted can transform days into thanksgivings, turn routine jobs into July, and change ordinary opportunities into blessings.”*

**~ William Arthur Ward**

*“When eating bamboo sprouts, remember the man who planted them.”*

**~ Chinese Proverb**

*“If you can’t be content with what you have received, be thankful for what you have escaped.”*

**~ Author Unknown**

*“Take full account of the excellencies which you possess, and in gratitude remember how you would hanker after them if you had them not.”*

~ **Marcus Aurelius**

*“Feeling grateful or appreciative of someone or something in your life attracts more of the things that you appreciate and value into your life.”*

~ **Christiane Northrup**

*“Gratitude is riches. A complaint is poverty.”*

~ **Doris Day**

*“Let us arise and be thankful, for if we didn’t learn a lot today, at least we learned a little, and if we didn’t learn a little, at least we didn’t get sick, and if we got sick, at least we didn’t die; so, let us all be thankful.”*

~ **Buddha**

*“No one is as capable of gratitude as one who has emerged from the kingdom of night.”*

~ **Elie Wiesel**

*“Reflect on your present blessings, of which every man has plenty; not on your past misfortunes of which all men have some.”*

~ **Charles Dickens**

*“God gave you a gift of 86,400 seconds today. Have you used one to say ‘thank you?’”*

~ **William A. Ward**

*“Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend... when we choose not to focus on what is missing from our lives but are grateful for the abundance that’s present — love, health, family, friends, work, the joys of nature and personal pursuits that please us — the wasteland of illusion falls away and we experience Heaven on earth.”*

~ **Sarah Ban Breathbach**

*“Gratitude is the best attitude.”*

~ **Author Unknown**

*“If the only prayer you said in your whole life was, “thank you,” that would suffice.”*

~ **Meister Eckhart**

*“Gratitude is the energy of faith. Feeling gratitude and not expressing it is like wrapping a present and not giving it.”*

~ **William Arthur Ward**

*“If you count all your assets, you always show a profit.”*

~ **Robert Quillen**

*“As each day comes to us refreshed and anew, so does my gratitude renew itself daily. The breaking of the sun over the horizon is my grateful heart dawning upon a blessed world.”*

~ **Terri Guillemets**

*“If you want to turn your life around, try thankfulness. It will change your life mightily.”*

~ **Gerald Good**

*“I would maintain that thanks are the highest form of thought and that gratitude is happiness doubled by wonder.”*

~ **G.K. Chesterton**

*“You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing, and grace before I dip the pen in the ink.”*

~ **G.K. Chesterton**

*“For each new morning with its light, Rest and shelter of the night,  
Health and food, for love and friends, Everything Thy goodness sends.”*

~ **Ralph Waldo Emerson**

*“Gratitude is heaven itself.”*

~ **William Blake**

*“Enough is a feast.”*

~ **Buddhist Proverb**

*“If a fellow isn’t thankful for what he’s got, he isn’t likely to be thankful for what he’s going to get.”*

~ **Frank A. Clark**

*“Grace isn’t a little prayer you chant before receiving a meal. It’s a way to live.”*

~ **Jackie Windspear**

*“Gratitude is a twofold love – love coming to visit us, and love running out to greet a welcome guest.”*

~ **Henry Van Dyke**

*“Gratitude unlocks the fullness of life. It turns what we have into enough, and more.”*



*Gratitude turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”*

**~ Innerspace**

*“Make it a habit to tell people to thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you’ll soon find many others around you. Truly appreciate life, and you’ll find that you have more of it.”*

**~ Ralph Marston**

*“Gratitude is the smile of love. Reflect on your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some.”*

**~ Charles Dickens**

*“What if you gave someone a gift, and they neglected to thank you for it – would you be likely to give them another? Life is the same way. To attract more of the blessings that life has to offer, you must truly appreciate what you already have.”*

**~ Ralph Marston**

*“Enjoy the little things, for one day you may look back and realize they were the big things.”*

**~ Robert Brault**

*“For today and its blessings, I owe the world an attitude of gratitude.”*

**~ Clarence E. Hodges**

*“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”*

**~ Marcel Proust**

*“The happiness of your life depends upon the quality of your thoughts: therefore, guard accordingly, and take care that you entertain no notions unsuitable to virtue and reasonable nature.”*

**~ Marcus Aurelius**

*“If you can, help others; if you cannot do that, at least do not harm them.”*

**~ Dalai Lama**

*“We often take for granted the very things that most deserve our gratitude.”*

**~ Cynthia Ozick**

GRATITUDE  
AND  
POSITIVITY  
JOURNAL



Today's date:

What I'm loving about life right now


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Today I feel



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Something fun I'm looking forward to

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# Reframe my thought

Situation / Event : \_\_\_\_\_

Negative thought

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
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Positive thought

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## Only positives thoughts in my day

Situation / Event : \_\_\_\_\_

Negative thought

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Positive thought

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Today's date:

When I'm tired, I : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When I'm stressed, I : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When I'm upset, I : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When I'm angry, I : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When I feel down, I : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# My confidence goals

What I want to achieve: \_\_\_\_\_

By: \_\_\_\_\_

Challenges: \_\_\_\_\_

\_\_\_\_\_

## What I need to do

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Result: \_\_\_\_\_

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Key takeaway: \_\_\_\_\_

\_\_\_\_\_



Today's date: \_\_\_\_\_

What I want to achieve: \_\_\_\_\_  
By: \_\_\_\_\_  
Challenges: \_\_\_\_\_  
\_\_\_\_\_

What I need to do

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Result: \_\_\_\_\_  
\_\_\_\_\_  
Key takeaway: \_\_\_\_\_  
\_\_\_\_\_



Today's date:

What I'm loving about life right now

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Today I feel



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Something fun I'm looking forward to

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# Change a habit in 21 days

Begin in: \_\_\_\_\_ To: \_\_\_\_\_

My goal is: \_\_\_\_\_

How do you feel?

Day 1

Day 2

Day 3

\_\_\_\_\_

Day 4

Day 5

Day 6

\_\_\_\_\_

Day 7

Day 8

Day 9

\_\_\_\_\_

Day 10

Day 11

Day 12

\_\_\_\_\_

Day 13

Day 14

Day 15

\_\_\_\_\_

Day 16

Day 17

Day 18

\_\_\_\_\_

Day 19

Day 20

Day 21

\_\_\_\_\_

Reflect on the experience :

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\_\_\_\_\_

# Manage my feeling

The worst feeling in my life is:

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What can help me wipe away this feeling:

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The best that can happen is:

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What can I do to achieve that:

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Today's date:

What I'm loving about life right now

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Today I feel



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Something fun I'm looking forward to

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# Priorities of my life

## Priority 1

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## Priority 2

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## priority 3

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Today's date:

Priority 4

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Priority 5

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Priority 6

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# Share more about your self

I'm someone who loves:

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I'm someone who can:

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I'm someone who has:

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Today's date:

I'm someone who wishes:

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I'm someone who is thankful for:

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I'm someone who never forgets to:

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Today's date:

What I'm loving about life right now

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Today I feel



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Something fun I'm looking forward to

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# Practicing Gratitude

A person I'm glad to have in my life

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A place where I feel safe

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A life lesson I have learned

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Today's date:

A characteristic of my home that I love

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My favorite aspect of my personality

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A book that I loved reading

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# Practicing Gratitude

My favorite song that improves my mind

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A memory that makes me smile

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My favorite food or meal

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Today's date:

A future event that I am excited about

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An accomplishment I am proud of

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My favorite time of the day

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# Practicing Gratitude

The task I enjoy doing that most at work

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What would I tell my future self

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What am I afraid to do

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Today's date:

The outfit I feel the most confident in

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What would my perfect day look like

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What do I need less of

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# Practicing Gratitude

If I could do anything, what would it be

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Who or what inspires me the most

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What drains my energy

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Today's date:

What is holding me back from changing

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What is something I will never forget

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What are my daily habits

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Today's date:

What I'm loving about life right now

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Today I feel



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Something fun I'm looking forward to

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# Practicing Gratitude

My favorite place to go

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What am I passionate about

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I deserve love because

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Today's date:

Where do I want to be in the next 5 years

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How I do take care of myself

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What motivate me

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# Practicing Gratitude

If I could travel anywhere in the world, where would I go

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How can I love myself more daily

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Who makes me the happiest

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Today's date:

What is the one piece of advice I'd give my future self

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can I improve on any of my daily habits

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What makes me upset

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Today's date:

What I'm loving about life right now

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Today I feel



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Something fun I'm looking forward to

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# Practicing Gratitude

What steps am I taking to reach my goals

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When am I the happiest version of me

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What am I afraid to do

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Today's date:

If I could be anything in the world, what would I be

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How can I improve my daily routines

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What makes me upset

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Today's date:

What I'm loving about life right now

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Today I feel



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Something fun I'm looking forward to

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Today's date:

What I'm loving about life right now

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Today I feel



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Something fun I'm looking forward to

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Today's date:

What I'm loving about life right now

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Today I feel



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Something fun I'm looking forward to

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# ABOUT THE AUTHOR

Stacey Chillemi is an entrepreneur, bestselling author, speaker & coach. She is the founder of The Complete Herbal Guide. She has empowered hundreds of thousands of people worldwide through her books, websites, e-courses, educational videos, and live events.

For more than two decades, hundreds of thousands of people have enjoyed the warmth, humor, and transformational power of Stacey's health and personal development events, articles, and books.

People from around the world have tapped her for personal coaching. She is a health, lifestyle, and epilepsy coach. In addition, she has changed people's lives through numerous speaking events.

She speaks at small, medium, and large events. Although, size doesn't matter. What matters is that she is helping people make positive transformations in their lives.

Stacey has spent the last 25 years using her abilities to give back. She is on Epilepsy Patient Advisory Council sponsored by Sunovion Pharmaceutical and Eisai Pharmaceutical. In addition, she does community volunteer work for H.O.P.E. Mentor for the Epilepsy Foundation, Volunteers and Advocates for the Family Resource Network: A leading provider of family support services to individuals with intellect, a Board Member for the Monmouth Ocean Community Impact Board, and Volunteer, advocate, and service provider for getting FIT.

Stacey Chillemi has had over 20 books published. She wrote for the Huffington Post, Huff Post, and Thrive Global, and she has been a guest on the Dr. Oz Show 5 times, local news, and numerous radio shows.

For further information about Stacey Chillemi, her appearances or coaching calendar, or to subscribe to her free e-mail newsletter, visit: [staceychillemi.com](http://staceychillemi.com). Also, visit [thecompleteherbalguide.com](http://thecompleteherbalguide.com).

