

HAPPINESS GUARANTEED IN 30 GRATITUDE LIST EXPLAINED

BENEFITS OF A GRATITUDE LIST

Keeping a gratitude list can have measurable benefits. Researchers from both the University of Florida and from the University of Minnesota conducted a study and found that participants who kept a daily gratitude list reported lowered stress levels and a greater sense of calm at night. Other benefits include, but are not limited to:

- 1) Greater self-awareness;
- 2) Increased perspective of what is important to you;
- 3) Clarity on what you want to have more of in your life;
- 4) Greater appreciation of your life;
- 5) Increased focus on what matters.

Experts say, "Gratitude works its magic by serving as an antidote to negative emotions. It's like white blood cells for the soul, protecting us from cynicism, entitlement, anger, and resignation."

HOW TO DO A GRATITUDE LIST

1. Wait until just before going to bed (or as close to bedtime as possible)
2. Get something to write on/in
(e.g. the "Notes" section of your I-phone, a computer, a notebook or a journal, etc.)
3. Write the date
4. Think about your day and write down the things that took place for which you are most grateful
5. The more detailed, the better
6. Allow yourself to relive those wonderful experiences.
7. Number each experience (one, two, three...)
8. Each entry should be different (no repeating ever). So if on one day you write, "I'm grateful for my child," another day, you may write, "I'm grateful

for my child...because he/she came up and gave me a hug without being asked” ...or “because he/she made the honor roll.”

TIPS

1. Set an alarm reminder on your phone and/or schedule it on your calendar every day at the same time.
2. While it's easier to do at night so you can include all the things that happened throughout your day, you don't have to do it then if it's not best time for you. Do it when it feels right for you.
3. Make sure you remember to write something every day. Your journal will serve as a symbol of gratitude, filling you with a sense of appreciation for carrying out this ritual.
4. Feel free to write as many things as you'd like. The more the merrier.
5. Your gratitude list doesn't have to be deep. You can be grateful/thankful for simple things like “this afternoon's lunch” or a movie you just watched. This trains your mind to be grateful for the little things.
6. Pay attention to how you feel during the process. What you'll notice is that you'll feel better instantly because you're giving yourself the gift of reliving those wonderful experiences at a time of day when you might have fear-based thoughts. You'll likely fall asleep faster and have a better night's sleep.