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gratitude involves showing appreciation for the things in life that are meaningful or valuable to you taking a moment to notice and acknowledge the things you re grateful for each day can brighten your outlook boost your mood and help you feel more positive in the face of challenges

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in it the benedictine monk and interfaith scholar talks about what exactly it means to be grateful and offers a simple process for living gratefully stop look and go instead of rushing through life he asks us to see the opportunities that are available and open ourselves up to them

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gratitude allows us to feel the effects of kindness and embody it as part of our purpose in life when we experience it we want to share it with others when we are grateful we raise our vibrations to be more receptive to the good things in our lives

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there s no wrong way to keep a gratitude journal but here are some guidelines to help you get started write down or type up to five things for which you feel grateful you can use a notebook your phone s notes application a word processor or whatever works best for you

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gratitude journaling has been shown through multiple research studies to improve mental health happiness and even sleep quality and it can take as little as five minutes a day let s look at what it is and various ways to get started with gratitude journaling

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this comprehensive guide on the attitude of gratitude seeks to achieve just one goal by the time you read the last paragraph living a life of gratitude will be a natural flow for you let s get started

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by keeping a gratitude journal you develop a practice that keeps you accountable to developing appreciation and enjoying happier days translating thoughts into concrete language whether oral or written has advantages over just thinking the thoughts it makes you more aware deepening the emotional impact

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