

Expressing an Attitude of Gratitude All Year Long

How journaling your appreciation can help raise your happiness quotient

Thanksgiving should not be the only time of year to give thanks and be appreciative for all the goodness that has come your way. While retail corporations strive to pad their pockets by profiting from the season of giving and gifting, many people have sought alternative means of expressing their gratitude that do not involve spending an exorbitant amount of cash or packing on holiday pounds.

The Benefits of Being Grateful

Keeping a gratitude journal has become a very meaningful way of documenting life's joys and fortunate circumstances. Like a diary, it provides a permanent record of your daily goings-on, but unlike a diary, it excludes any negative commentary. In a world where people seem to struggle with never being happy enough, the goal of journaling the good times allows you to be truly grateful for the things you already have, and for the important people in your life. Here are some ways that showing gratitude can benefit you:

- It will reduce materialism
- It increases self-esteem
- It reduces feelings of envy
- It makes you more likeable
- Its calming effect induces relaxation
- It helps you sleep
- It boosts energy levels
- It makes you feel and look good

Get Your Gratitude On

Getting started on your gratitude journey begins with a change of heart and a desire to want to err on the side of thankfulness. Once you have accomplished that, the rest is just a matter of taking action. Whether you do it while having breakfast in the morning or tackle it right before heading off to bed at night, set aside a few minutes to write down any number of things that you are thankful for each day. You can jot down anything from basic material possessions to the people you value the most. Writing about your talents and abilities and specific situations that make you happy are fair game as well.

It is easy to succumb to the daily stressors of life that can potentially disrupt an otherwise harmonious existence. Journaling the positives on a regular basis can offset the negative energy and keep you basking in the afterglow of appreciation.

