

My Gratitude Journal

Three Years of Blessings



Kellie Bach



Spring House, PA
TambuliMedia.com



Published October 30, 2015 by Tambuli Media

Copyright ©2015 by Kellie Bach

ISBN: 978-1-943155-18-7

Cover & Design by Summer Bonne

Edited by Victoria Touati

All Rights Reserved.

No part of this publication may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without prior written permission from the Publisher or Author.

Publisher's Note

Gratitude is uplifting, and journaling about gratitude is even more empowering than just saying you're grateful. The act of writing down what you're grateful for makes you more closely consider the thing, the person, or the event you're grateful for. This practice brings the *energy* of gratitude inside your body and uplifts your spirit.

In September of 2015 an article titled, "Neural Correlates of Gratitude," was published in *Frontiers of Psychology*.^{*} In this article, the authors wrote, "It has been established that gratitude leads to benefits for both mental health and interpersonal relationships." Because of this research, the neurological correlates of gratitude are now being studied. Based on these recent findings, now is the perfect time to begin your journal of gratitude!

We are so pleased, and indeed *grateful*, to work with Kellie Bach on the design and publication of the *My Gratitude Journal*. Kellie spent several months searching for a journal that would allow her to record her gratitude entries, help her remember to do it each day, trigger ideas and places to think about gratitude, and span multiple years to help her reflect on past years. Lucky for us, she couldn't find one!

Kellie is the perfect person to work on such a project, because she has worked hard to cultivate the practice of gratitude in her own life. Aside from being the owner and lead statistician at Analytic Solutions for the past 12 years, she is also a certified health coach. She was diagnosed with multiple sclerosis (MS) 10 years ago. As a result, she has spent time in deep reflection and chosen to use her health challenges toward positive growth in her life. Her diagnosis inspired and motivated Kellie to become a health coach. Through her own recovery process, she developed a much deeper spiritual practice that has slowed the progression of MS and greatly enriched her life and her family's lives. Kellie attributes journaling about gratitude as one of the cornerstones of her recovery and for also enriching the quality of her life.

Let the *My Gratitude Journal* be your partner in creating a more uplifting life. Please visit TambuliMedia.com to download extra journal pages (for leap years or when you just need to write more), and to join the “My Gratitude Journal” Facebook group, as well as receive other goodies from Kellie!

Mark Wiley

Publisher,
Tambuli Media

Introduction

I believe sincerely that journaling is an important tool for getting to know oneself, growing spiritually and emotionally, and developing a better understanding of how we relate to the world. For the past several years, I have kept a gratitude journal. Acknowledging your blessings and reflecting on all you are grateful for is a powerful catalyst toward personal growth and leads to a happier and more fulfilling life.

Until recently, my gratitude journal had been a small, plain book where I would list five things a day I am grateful for. I started this practice after seeing it recommended on the Oprah Winfrey show. This practice has been extremely helpful in my personal development. However, I began to feel like my gratitude practice had become stagnant. I must admit to forgetting to write in my journal and often looking back to find that I'd gotten into ruts where I was just repeating the same statements over and over. I also realized that while I was feeling grateful at the end of the day, I did not move quickly to a place where I felt gratitude throughout the day.

I searched for quite some time for a more “user friendly” gratitude journal, but couldn't seem to find one that kept me both current and allowed me to reflect. I also wanted a way to quickly see if I was getting into a “gratitude rut.”

Therefore, I decided to create a journal layout for my own personal use. There were several features I wanted my journal to have. First, I wanted a way to be able to see what I wrote a year ago on the very same day to compare where I was at then to the present. While I did find some five-year journals, the area to write in them was designed for just a single line a day and I needed more space to write, so I added this extra room to my journal.

Next, I wanted a space where I could reflect on what I had written in prior years. Often, looking back brings a lot of important insights to mind, and, it is nice to have a place to put them.

Also, I wanted a way to avoid getting into “gratitude ruts” (unknowingly repeating the same statements several times) by creating prompts to help me think about the less obvious things we all have to be grateful for throughout the day. I also wanted a quick way to see if I was stuck in a gratitude rut, so I came up with a set of icons that can be used to help quickly measure if I was finding the less obvious things to be grateful for each day.

Lastly, I also wanted a visual prompt to remind me to be grateful during the day and not just during the moments I write each night. The stopwatch icon appears on each daily entry page to prompt you to remember to be grateful for a moment that occurred in your day. However, it should also be used to remind you to be grateful in the moment several times each day.

Once I completed the layout, I liked it so much I thought I should share it with others. So that is how *My Gratitude*

Journal: Three Years of Blessings was born. I am so grateful for Tambuli Media making it possible for me to share it with you! I would also like to thank Victoria Touati and Summer Bonne for all of their help in bringing my vision for this Journal to life. It is my sincere hope that this journal design will help you move forward with your gratitude practice as I have been able to move forward with mine.

In addition to using this book to help us all remember the many things we have to be grateful for at the end of each day, I would like to challenge you to attempt several times during the day to just be still and appreciate the moment. This may be difficult to remember to do at first. You may even need to set an alarm as a reminder.

I truly believe that while it is important to journal our gratitude, practicing it in the moment is life changing.

In gratitude,

Kellie

“For years I have advocated keeping a gratitude journal, writing down five things every day that brought pleasure and gratefulness.”

—Oprah Winfrey

January

“Be in a state of gratitude for everything that shows up in your life. Be thankful for the storms as well as the smooth sailing. What is the lesson or gift in what you are experiencing right now? Find your joy not in what’s missing in your life but in how you can serve.”

—Wayne Dyer

What are you grateful for today?



Something received



A person



An opportunity



An idea or inspiration



A Synchronicity



A moment

January 1

20



20

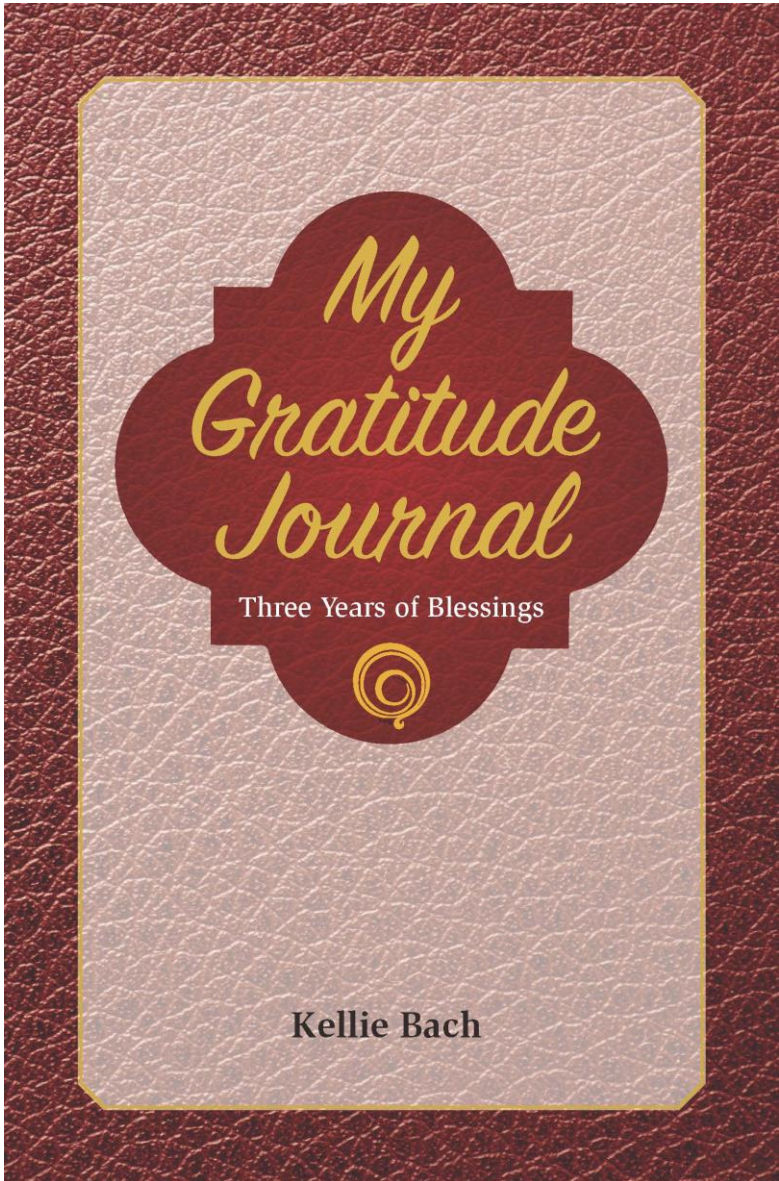


20



Reflections

[Like the Preview? Buy the book...](#)



[More great book at TambuliMedia.com](http://TambuliMedia.com)