

My Happiness and Gratitude Journal



My Happiness and Gratitude Journal

Happiness Is A Choice

I believe that happiness is a choice you make.

It is always up to you to start making the changes in your life that are needed to foster a feeling of wellbeing.

You may decide to eat better, begin some simple exercise, or simply practice gratitude. Any of the above changes will bring a sense of wellbeing and happiness. The change will increase how happy you feel at any given moment.

Happiness is 50% genetics, 40% attitude, and only 10% circumstance.

While we can't do much about the genetics, we can have a huge impact on the attitude portion. You may or may not have a naturally sunny disposition, but you can make a choice each day to be happier.

That choice is huge!

You don't have to wait around for that bigger house, nicer car, or just the right person to spend your life with. Moving to a different part of the world won't necessarily make you happier. What will make a big difference is how you look at your life, your circumstances and the people you spend time with.

Appreciate what you have and find things to be grateful for.

Foster an attitude of gratitude.

Toni x x

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We all have free will and we can choose to let “keeping up with the Joneses” rule our lives, or we can focus on being truly happy. The next time you feel that you’re getting sucked into the idea that consumerism is the answer to all problems and that more worldly possessions will increase your happiness, stop and realize that isn’t the case.

Marketing firms want us to believe MOAR!! will make us better and happy so they can sell more products. But we know the truth! What it boils down to is that experiences and spending quality time with loved ones or accomplishing a big project are much better at helping us increase happiness than buying something new.

Last but not least it’s important to remember that we won’t be 100% happy all the time. And that’s a good thing. Life would get boring and it’s the darkest of times that make the good times shine all the brighter. During those dark times it helps to remember that no matter how hard and tough and maybe even desperate things seem right now, they won’t be able to influence your emotions and your mood for much longer. Brighter days are ahead and you will find a way to reclaim your happiness and joy.

Now it’s your turn. Are you ready to make a choice to become happier?
Are you ready to practice an attitude of gratitude?

What can you do today, or even better, right now to make that happen?

A journal or workbook can be a great tool to help you make that conscious choice to be happier and grateful on a regular basis. Take a look at the included workbook and put it to good use. It takes a little time to build new habits, but you will get there.

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Start simple, and just make an effort to smile more. Put a note on your bathroom mirror, or your computer monitor to help remind you throughout the day. This one little practice can have a big impact.

Keep finding ways to create more and more habits to help you increase your happiness.

Find something to be grateful for every day.

Then sit back and watch the impact it starts to have on your own life and that of those around you. It's an amazing feeling.



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Using this Journal

You may have heard that it takes 30 days to create a habit and with this journal we're trying to create a Happiness & Gratitude Habit!

The next 31 pages will help you record your thoughts and progress as you make the choice to be Happy & Grateful, thus making happiness an integral part of your life.

At the end of each day ask yourself the questions, write down your answers and don't forget to include any thoughts you might have concerning your quest to happiness.

Here are a few things to help you on your way.

1. Write the word HAPPY in large letters on a sheet of paper and put it where you'll see it upon waking every day.
2. Make sure you follow Life Love & Lettuce so you receive the gratitude prompts every day.
3. Make a choice to be Happy & Grateful each day – each minute or hour if you need to.
4. Make a choice to be Happy & Grateful no matter what happens to you each day.
5. Ask a friend to help you with your goal to be Happy & Grateful in any circumstance.
6. Ask a friend to take this happiness and gratitude journey with you. Accountability is really helpful.
7. Meditate or pray about your circumstances and how you can be Happy & Grateful because of or in spite of them.

Enjoy your journey to gratitude

Love Toni x x

My Happiness and Gratitude Journal

Day 1

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

If you want to be happy, be. - Leo Tolstoy

My Happiness and Gratitude Journal

Day 2

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Happiness is the secret to all beauty.
There is no beauty without happiness. - Christian Dior

My Happiness and Gratitude Journal

Day 3

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Happiness comes from within and is found in the present moment by making peace with the past and looking forward to the future.

My Happiness and Gratitude Journal

Day 4

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

The key to happiness is letting each situation be what it is instead of what you think it should be.

My Happiness and Gratitude Journal

Day 5

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

The secret of being happy is accepting
where you are in life and making the most out of every day.

My Happiness and Gratitude Journal

Day 6

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Happiness often sneaks in through a door
you didn't know you left open. - John Barrymore

My Happiness and Gratitude Journal

Day 7

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Don't put the key to your happiness in someone else's pocket.

My Happiness and Gratitude Journal

Day 8

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather recognizing & appreciating what we do have - Frederick Koenig

My Happiness and Gratitude Journal

Day 9

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Happiness is not a goal; it is a by-product. - Eleanor Roosevelt

My Happiness and Gratitude Journal

Day 10

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

For every minute you are angry you lose sixty seconds of happiness.

My Happiness and Gratitude Journal

Day 11

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Happiness is not the absence of problems,
it's the ability to deal with them. - Steve Maraboli

My Happiness and Gratitude Journal

Day 12

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Being happy doesn't mean that everything is perfect.
It means that you've decided to look beyond the imperfections.

My Happiness and Gratitude Journal

Day 13

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

The grass is greener where you water it.

My Happiness and Gratitude Journal

Day 14

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Find out where joy resides, and give it a voice far beyond singing.
For to miss the joy is to miss all. - Robert Louis Stevenson

My Happiness and Gratitude Journal

Day 15

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Nobody can take away your pain, so don't let anyone take away your happiness.

My Happiness and Gratitude Journal

Day 16

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Never search for your happiness in others, it will make you feel alone.
Search it in yourself and you will feel happy even when you are left alone

My Happiness and Gratitude Journal

Day 17

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Everyone chases after happiness not noticing that happiness is right at their heels.

My Happiness and Gratitude Journal

Day 18

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

To fall in love with yourself is the first secret to happiness. - Robert Morely

My Happiness and Gratitude Journal

Day 19

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Love is the master key that opens the gates of happiness. - Oliver Wendell Holmes

My Happiness and Gratitude Journal

Day 20

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Choose your thoughts carefully. Keep what brings you peace, release what brings you suffering. And know that happiness is just a thought away. - Nishan Panwar

My Happiness and Gratitude Journal

Day 21

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Practice Gratitude and remain happy.

My Happiness and Gratitude Journal

Day 22

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Happiness is a direction, not a place. - Sydney J. Harris

My Happiness and Gratitude Journal

Day 23

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

It's not happiness that brings us gratitude. It's gratitude that brings us happiness.

My Happiness and Gratitude Journal

Day 24

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Happiness can be found even in the darkest of times if one
only remembers to turn on the light. - Albus Dumbledore

My Happiness and Gratitude Journal

Day 25

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

The happiness of your life depends upon the quality of your thoughts. - Marcus Aurelius

My Happiness and Gratitude Journal

Day 26

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life. - Albert Einstein

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Day 27

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Learn to let go. That is the key to happiness. - Buddha

My Happiness and Gratitude Journal

Day 28

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Happiness is the art of never holding in your mind the memory of any unpleasant thing that has passed.

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Day 29

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.- Helen Keller

My Happiness and Gratitude Journal

Day 30

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which had never happened. - Winston Churchill

My Happiness and Gratitude Journal

Day 31

Date

1. What was I grateful for today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy & grateful all day today?

4. How did my gratitude or lack of gratitude affect others today?

5. What more could I have done to be happy & grateful today?

Action may not always bring happiness; but there is no happiness without action. - Benjamin Disraeli