

**Your Gratitude Diary** is brought to you by [Drive4Rebecca.org](http://Drive4Rebecca.org)

## *Your Gratitude Diary*<sup>™</sup>

Use *Your Gratitude Diary* to record what you appreciate each day about friends, family, and the world around you.

Studies conducted by Robert A. Emmons, of the University of California, Davis and Michael E. McCullough of the University of Miami show that people who kept gratitude journals were happier, healthier and more optimistic compared with a control group that did not keep a journal. Martin Seligman of the University of Pennsylvania recommends visiting someone to read what you wrote about them as part of a gratitude visit to make the impact on you and others even more powerful.

Use your notes in the Further Progress column to create an action plan of how to show your gratitude.

At the end of the week, or whenever you need something to pick you up, read the entries in your diary and it will make you smile.

**Here are a few examples:**

<b>What I am grateful for</b>	<b>Why Important</b>	<b>Further Progress</b>
My kids	They are terrific	I have to tell them more often
A walk today in a beautiful nature center	It was great to be out enjoying nature	I will schedule time to go monthly
My wife is a great cook	We're so lucky to get such amazing dinners	We need to show our appreciation every day

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