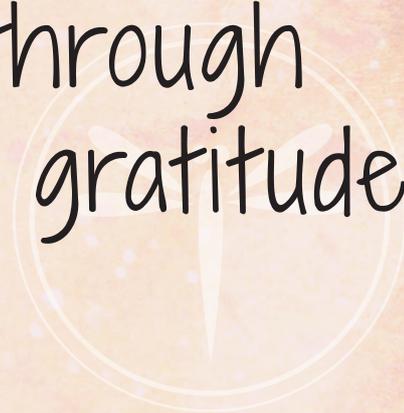




THE POWER OF GRATITUDE



20 simple strategies to
transform your life through
the amazing power of gratitude



INSPIRING JOURNALS



Gratitude as a practised form is so impactful, it has the power to transform the lives of anyone and in any circumstance.

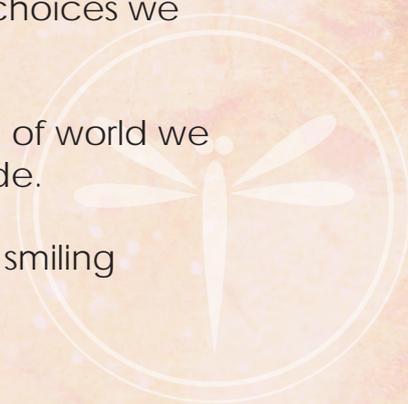
The most successful people in the world have all practised or are practising gratitude in one form or another.

But what is the best way to practise it and how to do it?

A gratitude based lifestyle is simple and effective, all it requires is patience, practice and commitment and these are choices we can make if we really choose to.

I would like you to imagine just for a moment the kind of world we would all be living in if every person practised gratitude.

Would we have more peace, happiness and people smiling everywhere?



"Gratitude opens the door to... the power, the wisdom, the creativity of the universe. You open the door through gratitude." - Deepak Chopra



Whilst the practices of gratitude are often linked to a more spiritual path, it has now been proven by scientists to be amazingly impactful to each and every one of us.

Over the last few decades, researchers have delved deeper in to the science of gratitude and come up with astounding results.

The benefits of gratitude range from physical and emotional health, growth in the work environment and social stature in society.

Whilst the practising of gratitude is easier when a person is doing well for themselves, the essential question is how can a person remain grateful under troubling and difficult circumstances?

The only logical answer is that gratitude is the habit that will enlighten your life and pull you from tough circumstances that you find yourself in.

When we are faced with hardships; gratitude becomes our "force." When it seems all is lost and it is dark everywhere; gratitude becomes our light.

It can become our primary reason to feel hope and have faith, it is just so critical to our everyday being.

With a gratitude centric lifestyle, you maintain a realistic perspective of life. You understand and see the big picture instead of focusing too much on the small trivialities.

Gratitude enables us to be more and become more through the ability to reframe our world from the perspective of being thankful.

There are other benefits of displaying gratitude which include:



"I don't have to chase extraordinary moments to find happiness - it's right in front of me if I'm paying attention and practising gratitude." - Brene Brown



- Gratitude improves physical health of individuals – A study carried out in 2012 displayed that people having higher empathy tend to remain healthier. They reported less chronic illnesses and physical concerns caused by stress. Of course, when you see the world with the glass half full rather than empty, you truly see what is all around you.
- Gratitude helps improve psychological health – Dr Robert A. Emmons Ph.D., conducted a comprehensive research to find linked traits between stress and people who displayed higher ability to show gratitude. The study concluded that there was fair evidence that these people displayed lesser tendency for stress related problems. Gratitude has the power to relieve stress, it counters stress by feeding your heart and empowering individuals to connect from a state of joyfulness.
- Gratitude makes people more moderate in their behaviour leading to rational decision making – grateful people make better, well-informed and rational decisions when faced with adversity. A moment of gratitude can make a difference in your attitude, and by doing so can affect the types of decisions you make.
- Grateful people display tendency of falling asleep easily and sleeping longer – A correlation based study concluded that grateful people sleep easier owing to lower stress levels. Gratefulness empowers individuals to allow their bodies to live in a state of relaxation.
- Grateful people have better communication skills – Their ability to talk about how they really feel about given situations is heightened. If every word you spoke came from the place of compassion and love, all your relationships would improve.



"Gratitude is a vaccine, an antitoxin, and an antiseptic"
John Henry Jowett

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- Grateful people tend to live longer lives - Various research indicates that people who display grateful tendencies tend to live 7 years more than other people in the same sample who do not have the same attitudes to life. With gratitude practices empowering people in positive ways, it follows that less stress and more sleep will indeed help people to live longer lives.
 - Grateful people make better students - Young people who display empathy tend to score better at grades and have lesser problems adjusting with fellow students. Living in a state of gratitude enables individuals to learn more effectively and be better learners and open to new ways of being.
 - Grateful people show higher social responsibility - Grateful people are active participants for various charities, are active blood donors and take on the responsibility to help others wholeheartedly.

The benefits of gratitude really do outweigh the effort involved. We've talked about the benefits of gratitude but what about the strategies to help you transform life itself?

With a bit of practice each day you can entwine gratitude into your daily life and be marvelled and amazed by its effect on you.

The most amazing thing is that it is easy to do and it is the small things that really can add up.

Let's begin.



"To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven." - Johannes A. Gaertner



1. REALISE AND UTILISE THE POWER AND VALUE OF A SIMPLE THANK YOU

Make this a new resolution – say thank you as often as you can.

Let people be aware that you understand and appreciate their work.

Be a person who thanks often.

One simple thank you can impact the next person hugely.



"We must find time to stop and thank the people who make a difference in our lives." – John F. Kennedy



2. ENJOY HAVING MORE MEANINGFUL CONVERSATIONS WITH PEOPLE

Talk to people in a more open manner.

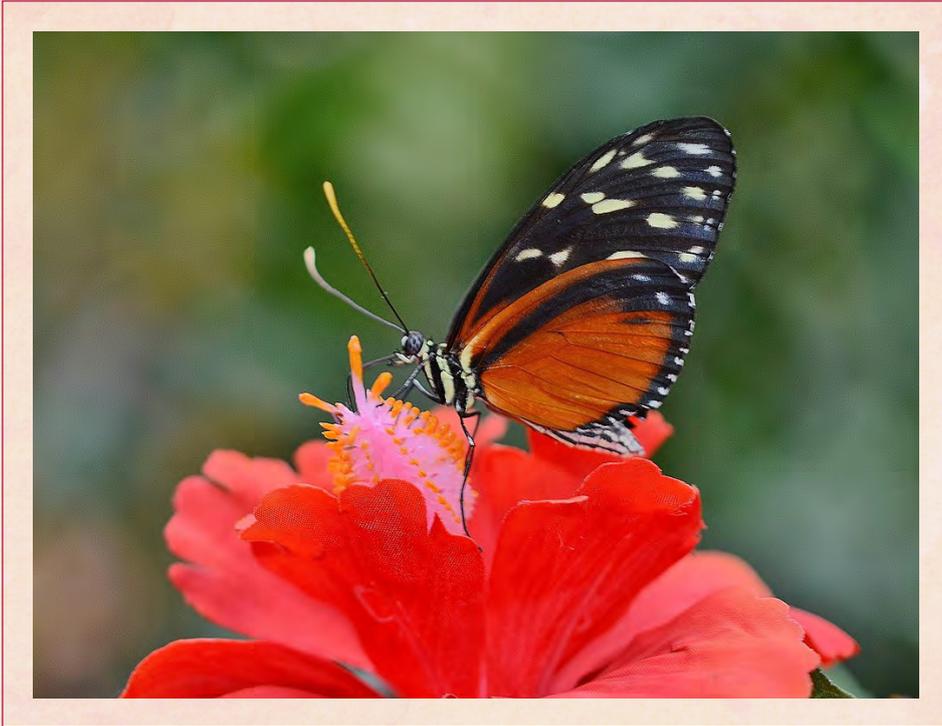
Be gentle, and offer help with open arms.

Spread and feel love through heartfelt conversations.

Be a person who someone can have any conversation with at any time.



"To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven." - Johannes A. Gaertner



3. SPREAD POSITIVE ENERGY BY REGULAR COMPLIMENTS

Compliment as often as you can.

The more you appreciate people the more of a positive impact you can have through the spirit of gratitude.

Be a person who people wish to meet regularly.



"Feeling gratitude and not expressing it is like wrapping a present and not giving it." - William Arthur Ward



4. LISTEN WITH PATIENCE

Become a willing listener.

Practice listening to people every day.

A patience listener helps people improve their self-image.

Be a good patient listener who prefers to listen rather than judge.



"There's no happier person than a truly thankful, content person."
Joyce Meyer



5. FOCUS YOUR CONVERSATIONS ON THE POSITIVE ASPECTS

Have conversations with people around you that focus on positive aspects of the life.

Appreciate the good that is happening around them.

Be a positive thinker, a positive speaker, and a positive influence.



"Success is not to be measured by the position someone has reached in life, but the obstacles he has overcome while trying to succeed."
Booker T. Washington

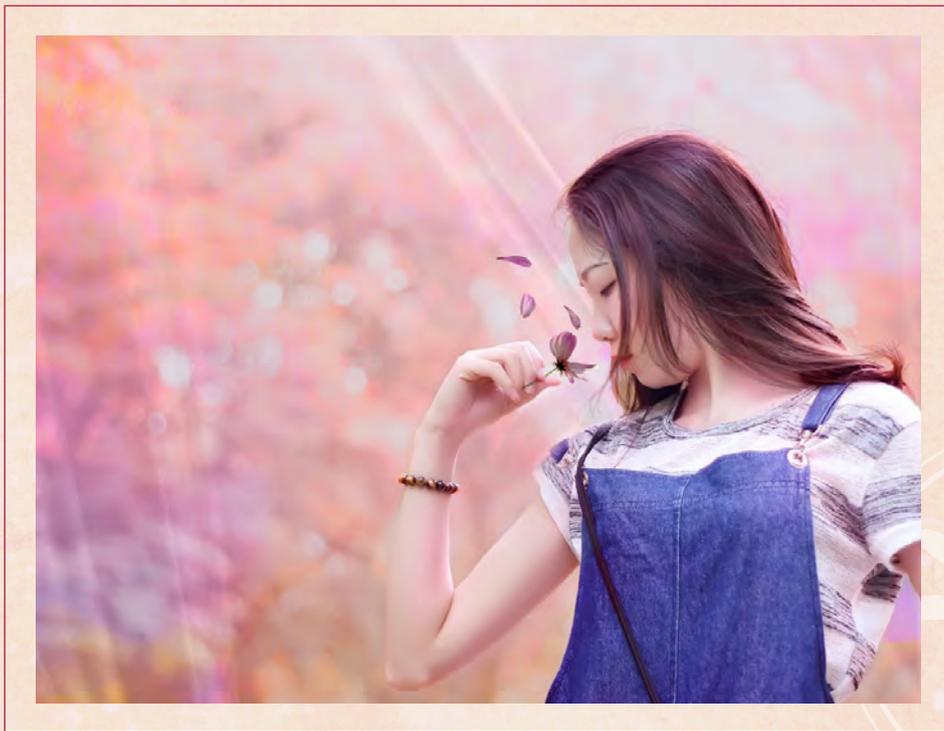
6. INSPIRE PEOPLE THROUGH ENERGETIC BEHAVIOUR

Be active and positive in life.

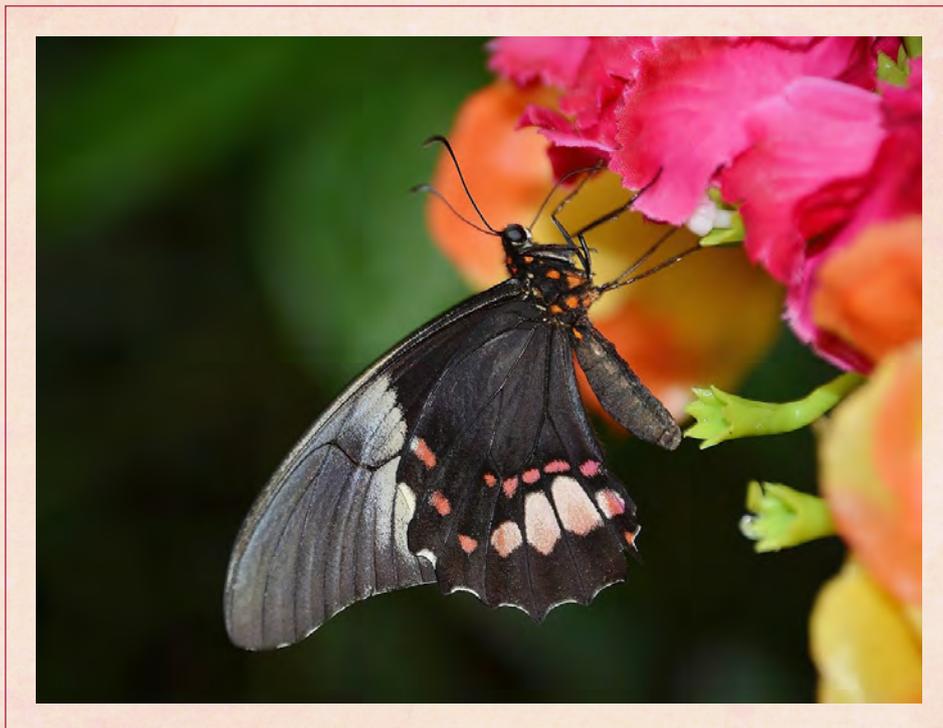
Take the first step in relationships and responsibility sharing.

Be present in your current moment and forget the past mistakes.

Be a source of inspiration through your energetic behaviour.



"Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation." - Brian Tracy



7. FIND COMFORT IN NATURE

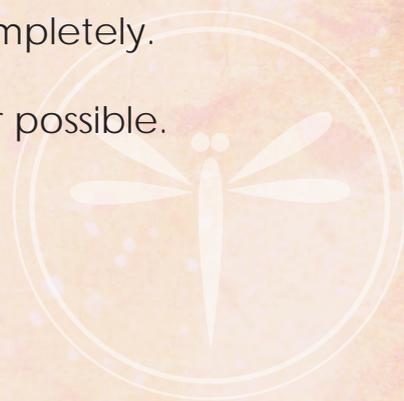
Marvel at the miracles of nature found everywhere.

Take a break every day and see the nature around you.

Take a walk, get a camera – immerse yourself completely.

Make it a habit, practise it every day or whenever possible.

Be a nature lover.



"Feeling gratitude and not expressing it is like wrapping a present and not giving it." – William Arthur Ward



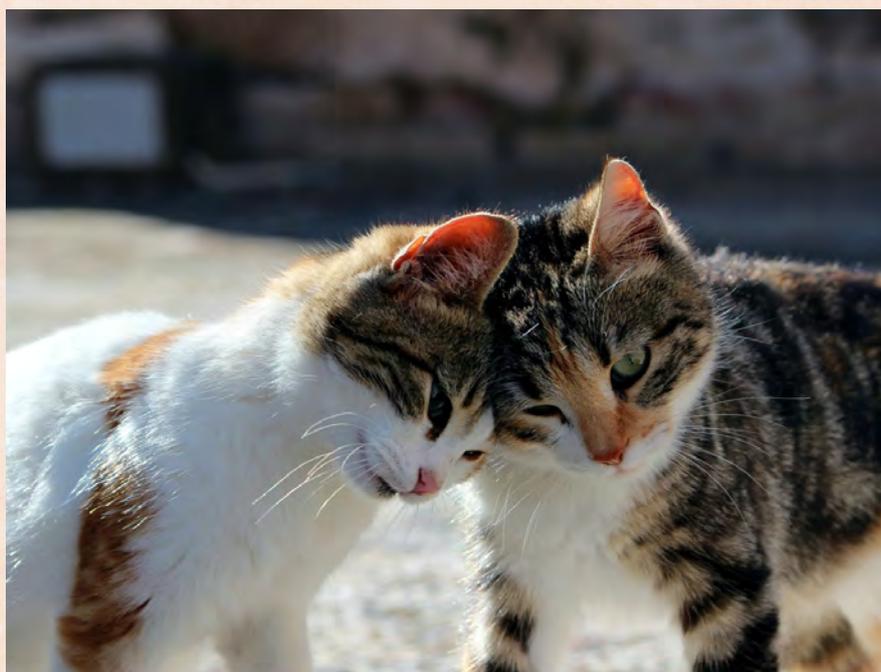
8. FEEL THE LOVE FROM YOUR FAMILY AND FRIENDS AND SHARE IT

Show your feelings towards your family and friends openly.

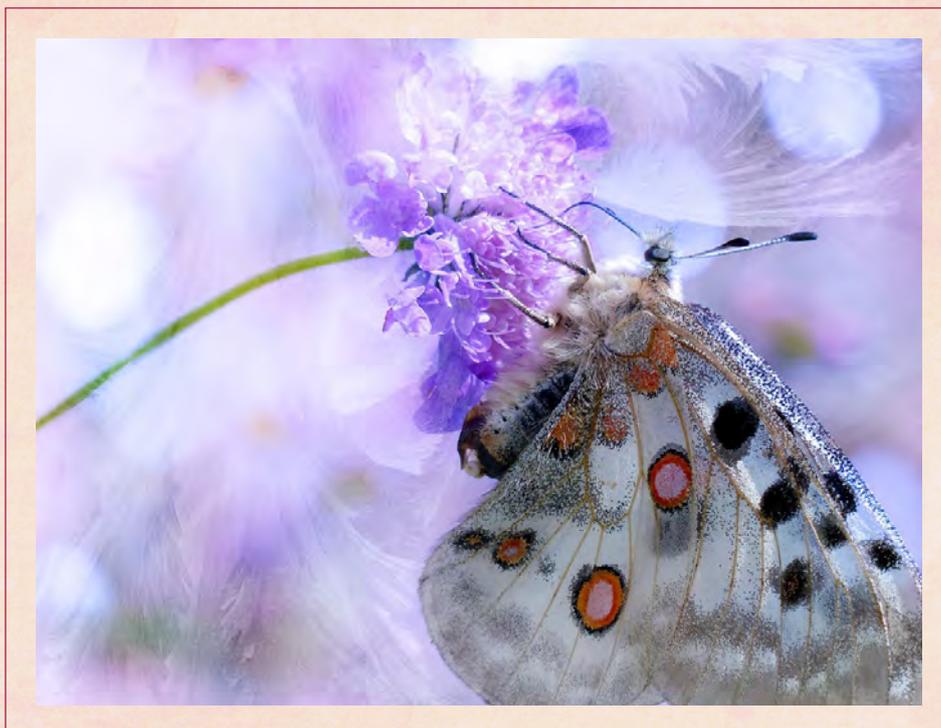
Cultivate a culture of thankfulness.

Surprise your parents, siblings, partner, and other relatives. Take your friends out. Enjoy their company. Show them love, respect and gratitude.

Smile and share smiles more often. Be someone who your family and friends are proud of.



"There's no happier person than a truly thankful, content person."
Joyce Meyer



9. OFFER HELP GRACIOUSLY

Help with an open mind.

Give your best and see how it helps you along with other people.

Explain your limitations to people and ensure a culture of helpfulness without reciprocation.

Be the person who people feel comfortable in asking help for.



"One can never pay in gratitude; one can only pay "in kind" somewhere else in life." - Anne Morrow Lindberg

10. CELEBRATE EVERY SECOND OF THE GREAT GIFT OF LIFE

Every moment that you are alive is an opportunity, gift, and a worthwhile occasion.

Appreciate the opportunity that you have more often.

If things are tough, it is even more important to feel that things will get better if you remain strong.

Be happy for the chances that you are getting.



"It's wonderful to be grateful. Once you truly experience this, you will never want to give it up." - Dr. Srikumar S. Rao



11. ALWAYS HAVE SOME "THANK YOU" NOTES READY WITH YOU

Carry a few hand-written thank you notes with you. Pass it to people who inspire you to become better.

Give them to the invisible helping hands around you. The police, the fire department, the person at night duty in the restaurant and whoever else you think.

Be open and try to thank as many people as you can.



"Feeling gratitude and not expressing it is like wrapping a present and not giving it." - William Arthur Ward

12. SHOW GRATITUDE FOR THINGS THAT YOU HAVE

The things that you have and the people that you know are more important than the things or people that you lost or don't have. They are your present – live in the present.

Focus your energy on things that you have.

Be thankful for the blessings that you have and start enjoying them.



"There's no happier person than a truly thankful, content person."
Joyce Meyer



13. BECOME A VOLUNTEER

Volunteer for social causes, help those who need help and realise how your empathy can help change the world.

There are a lot of underprivileged people in the world and they need our help. If you have the time and resources, aim to help them. Go out of your comfort zone and help those who need your help.

Focus more on the less fortunate ones to find peace in your life. Be a person who is ruled by their empathy.



"Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you." - Eileen Caddy



14. PURPOSELY LET GO OF STRESSFUL MEMORIES OR MATERIAL OBJECTS

Some things in life need to be let go.

Prioritise things according to their utility. If something is too much of an emotional and physical involvement, let it go.

Make space by removing negative influences and replace them with positive aspects of life.

Be a person who isn't over encumbered by extra things in life.



True forgiveness is when you can say, "thank you for that experience."
Oprah Winfrey



15. FIND PEACE IN MEDITATION

Find inner peace through meditation and getting involved in causes that are larger than you.

Think of the universe as your home. Thank the universe for letting you have a chance. Take this opportunity and become more connected with your inner self.

Be someone who understands or at least tries to understand the science of self-love.



"Gratitude is when memory is stored in the heart and not in the mind."
Lionel Hampton

16. BECOME SOCIAL MEDIA AWARE

Social media offers an immense opportunity to be grateful.

Become a responsible internet citizen. Help and inspire people through any means possible.

Connect to more people world-wide. Help those who need help.

Be thankful to those who offer you help.

Be a person who uses the positive side of social media.



"Learn everything you can, anytime you can, from anyone you can - there will always come a time when you will be grateful you did." - Sarah Caldwell



17. CELEBRATE SPONTANEOUSLY AND WHOLEHEARTEDLY

Celebrate as and when possible.

No need to postpone happiness anymore. Take your time and enjoy the moments.

Celebrate your co-workers, family, and others.

Take an opportunity to tell people that they mean to you.

Be a person who celebrates life.



"In life, one has a choice to take one of two paths: to wait for some special day - or to celebrate each special day." - Rasheed Ogunlaru

18. KEEP APPRECIATING YOUR OWN SELF

Keep yourself motivated and happy through self-appreciation.

Focus on your strengths and improve them.

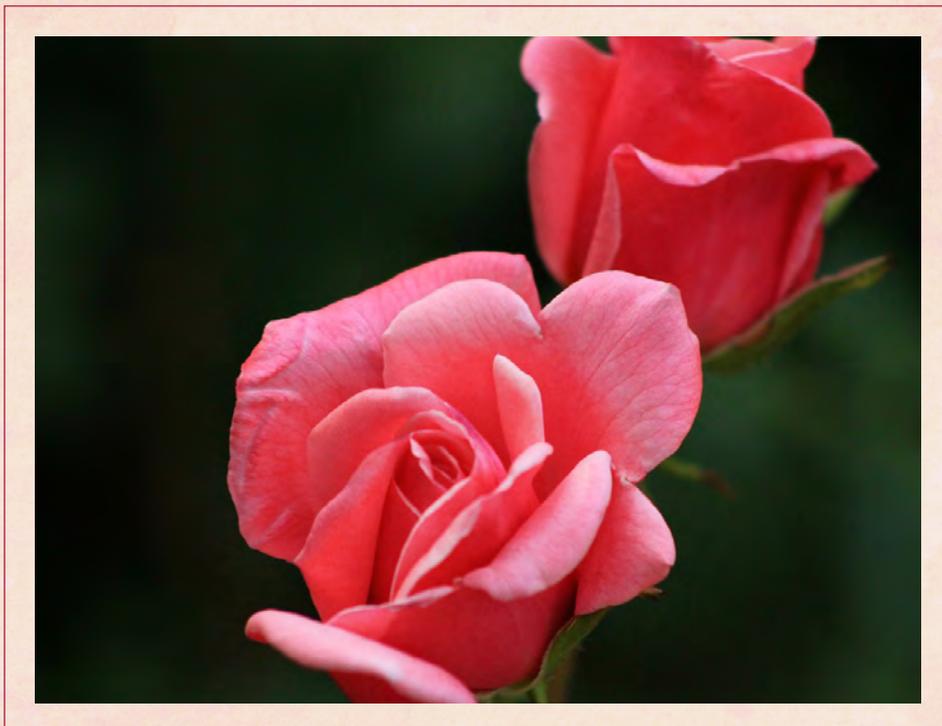
Filter the noise and negative energy.

Have a strong outlook and feel thankful for your own talents.

Be someone who is in love with their own self as well.



"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for." - Epicurus



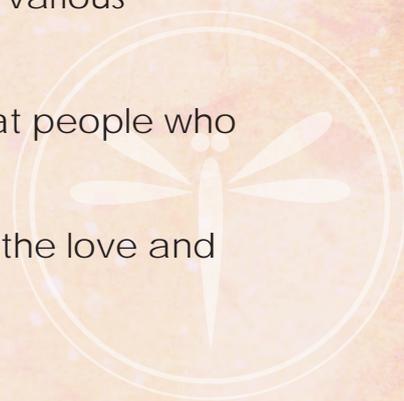
19. SHOW GRATITUDE TO EVEN THOSE WHO YOU DISLIKE

Let gratitude become a part of your character.

Show love and care to even those who you dislike for various reasons.

Make gratitude your strength and a shield. Realise that people who you dislike are also human beings just like you.

Be a person who rises above pity and hatred, spread the love and the word of gratitude.



"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." - Martin Luther King, Jr

20. KEEP A GRATITUDE JOURNAL OR DIARY

Make gratitude one of your daily habits.

Note down things that are worth living for every day. Read them daily to see how they inspire you.

Find reasons to keep your focus on the things that matter.

Be a person who has a positive outlook on life.



"I don't have to do this alone. If I had my gratitude journal on me now, that's what I would write" - Cynthia Hand



I hope you found some helpful strategies to apply in your life.

I really do feel it is the most important way of living that has inspired me to make the shift. It is the life force of happiness and joyfulness and the steps above show you that anyone can do it through simple gestures of being and living in the moment.

This is my invitation to you to begin the practice of gratitude by journaling the ways in which you can be grateful too.

Use my Gratitude Journal Butterfly to begin your journey of gratitude.

It comes in 7 different colours, so there is one to suit everyone from hot pink to warm yellow to turquoise.

I produced the Gratitude Journal Butterfly with the idea that we can all transform our lives by daily practice.



"Forget yesterday - it has already forgotten you. Don't sweat tomorrow - you haven't even met. Instead, open your eyes and your heart to a truly precious gift - today." - Steve Maraboli



These simple but elegant and unique journals are produced to do just that with places for you to note down what you are grateful for today and your special moments of the day too.

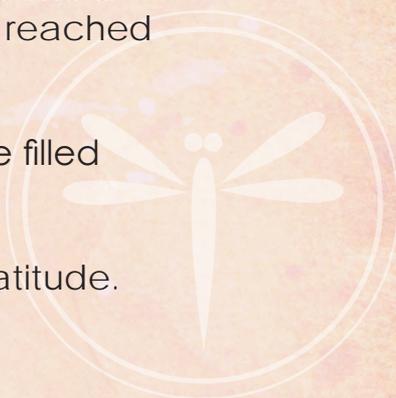
Take a moment to visit my shop at www.inspiringjournals.com and use the journals to see how you can positively transform your life beginning today.

Use the strategies above to see the rewards and drop me a line to let me know how you are getting on. I can be reached at chrystel@inspiringjournals.com

In the meantime, wishing you a meaningful, gratitude filled day, may it be more magical than it was yesterday.

Thank you for taking the time to read my work on Gratitude.

With much love and gratitude,
Chrystel x



"Love and gratitude: The secret to life and happiness"
Chrystel Melhuish

ABOUT THE AUTHOR



My name is **Chrystal Melhuish**, owner at **Plum Design & Publishing Ltd**. My company provides branding, graphic design and book publishing services. I created the brand and online shop **Inspiring Journals** end of 2015 in the view to expand the range and create more exciting and inspiring journals in the future.

My passions and interests have inspired me to create my first gratitude journal after discovering the benefits of practising gratitude, so I wanted to share it with others. My vision is to help and touch millions of people around the world through my simple, elegant and practical journals, bringing more joy and happiness to their lives.

My skills and interests are in graphic design, branding, NLP, personal development, spirituality and holistic therapies. I am a qualified NLP and Reiki Master Practitioner. I love travelling, walking in nature, dancing, cycling and going to the cinema with my family.

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