

Collecting Gratitude

a guide for writing
daily gratitude

by Antonia Montoya of [Our Gratitude Collective](#)

What?

Write down three things
that you feel grateful for.

Some people write five things, some only one, others
write as many things as they can ... It's up to you.

When?

Daily

Do it regularly. Strive for every day or at least once per week. If you do it daily you are less likely to skip the hard days when you need it the most. Doing it at the same time each day will help it become a habit.

What if I miss a day/week/year?

If you miss a day/week/year don't worry just start again today.

Keep the three things different.

Variety will keep you from slipping into a gratitude rut. Variety will also help keep your practice fresh since you will be doing this every day.

Be open to the unexpected. Write a note or take a photo to help yourself remember when unexpected gratitude shows up.

1 variety

Don't write what you are most grateful for.

Judging gratitude stands in the way of feeling gratitude. Also, the things you are most grateful for rarely change: Family, Friends, Health, Life, God, etc. Your practice won't last long if you write the same things every day.

The magic is in the little things. Find gratitude in the little things and your well of gratitude will never run dry.

2

little things

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Write a lot of details.

The more details you write the truer your gratitude is in that moment. Those details will help you really capture the moment and keep your gratitude practice interesting.

3 detailed

Is it true?

Not for everyone, but is it true for you?

Not always, but was it true in that moment?

Read what you wrote and if you decide it's not true rewrite it until you find the words that capture your truth. It can be a challenge to put a feeling into words. It may take a few tries or you may choose to take a photo, draw, or meditate on it instead.

4 your truth

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If you're stuck,

narrow your focus to a specific topic such as: the present moment, those you love, a skill you have, etc.

Answer a specific gratitude question. Each of the Inspiring Gratitude issues has one or you can email me and I will send you some.

When I'm stuck I always try this one:
Use your five senses ... What are you grateful to see, hear, smell, taste, or feel at this moment?

5

focus

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Decide for yourself

what you're grateful for and how you will express it. Try different paper/pens/crayons, text a friend, post on ourgratitudecollective.com or on the facebook group page, draw a picture, take a photo, write a card, tell someone, pray, meditate, walk, and/or contemplate.

Make your practice your own and have fun with it!

6

have fun

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Track It

This week I will:

Write daily gratitude

One thing I did this week that I'm proud of:

GRATITUDE

100%

50%

0%

Each day that you write your gratitude, fill in a white box in the status bar from 0% up to 100%.

At the end of the week fill in one thing you are proud of.