



# Express Gratitude, Experience Good: A Daily Gratitude Journal

*Lisa Ryan*

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## **Express Gratitude, Experience Good: A Daily Gratitude Journal** Lisa Ryan

Express Gratitude, Experience Good is a year-long journal that allows you to take a few minutes each day and express personal gratitude and acknowledgment. This journal is a powerful tool to raise your positivity consciousness and increase your awareness of all of the blessings that you have in your life. Gratitude and acknowledgment are essential for creating the life of your dreams. When you express your appreciation on a daily basis, you receive all the good the universe has to offer. Not only does it feel good to express your appreciation, there's more to it than you may think. Research has shown that people that have a consistent gratitude practice are happier, they exercise more often, they complain less often, they have fewer physical ailments, and they have stronger relationships than people who do not practice appreciation. When you express gratitude, you experience good - in every area of your life. This book includes quotes from participants in Lisa Ryan's "Take Five and THRIVE!" program. During this 30-day course, participants focused on saying or writing down five things they were grateful for in any of five ways: gratitude journal, verbal expression, thank you note, letter of appreciation, or meditating on gratefulness for five minutes. You'll find their testament to the power of appreciation throughout this book. By focusing your thoughts and attention on all of the good that is already present in your life, you attract even more to be grateful for. No matter where you are or what you're going through right now, simply use this journal to record three to five things every day for which you are grateful. Some days may be easier than others, do it anyway. Gratitude is like a muscle, the more you use it, the stronger it gets. Gratitude is transformational on every level - personal perspective, physical health, relationship building, as well as your abundance and prosperity consciousness. Gratitude brings joy. By using Express Gratitude, Experience Good every day and writing about the things in your life that you appreciate, you will be amazed by all the things for which you are grateful. The author, Lisa Ryan, cites her gratitude journal practice as the most impactful tool she has found for positively impacting her life. Now her mission is to share the power of gratitude with everyone, and change the world, one "thank you" at a time. Express Gratitude, Experience Good: A Daily Journal is simple to use. Just write down three to five things every day that you appreciate. You can kick your log entries up a notch by adding details to your descriptions. At the beginning of the Express Gratitude, Experience Good journal, you'll find starter phrases such as "I am so happy and grateful for...", "I appreciate...", "I am thrilled with...", and "I love..." Use these phrases for inspiration. It's your journal; personalize it to resonate with you and treat it with care. It's also important to choose a regular time of day you'll be writing in it. Whether you choose to write in your gratitude journal in the morning or in the evening is totally up to you. When you record your gratitude list first thing in the morning, it sets the precedent for a positive start to the day. You can give thanks for the things you have right now, or you can also be grateful for events happening IN ADVANCE. Since the mind cannot tell a lie from a truth, you have the power to "make up" how you want your day to go. Visualize and write down all the good that you imagine will be coming to you during the day and you'll be amazed at how much of it does occur. If you choose to write in your gratitude journal last thing at night, you look back on your day through different eyes. No matter if you had a "good" day or a "bad" day, by focusing on the good things that happened during the day, you will find that your day was even better than you thought. Gratitude works, and I appreciate you for purchasing this book. Thank you!

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