



HOW TO MAKE A GRATITUDE LIST

Selene Angier | Published October 27, 2016 on Textbooks.com

November is upon us, and that means a time for friends and family, rejoicing and reconnecting, Thanksgiving and giving thanks. To walk the walk in the face of this stressful season, we're going to do a daily gratitude list. It's easy to overlook the small things, not appreciate the big ones (stuff we take for granted, like air), and hard to remember them if you don't write them down.

Between the hectic grind of daily life and a constant wash of negative in our Facebook feeds, it can also be tough to focus on the positive things in life. College is awesome, and stressful. What would you do without your family? Or the bickering? And you'll probably remember that one time you missed the bus, but what about 99% of the days when you caught it A-OK? Exactly.

So start on the path to positive thinking – and start writing it down. You'll be pleased with the results, looking back on moments you might not otherwise remember or appreciate.

A few tips (more guidelines than rules):

1) We've chosen to write down 3 things a day for the next month, but you can do one thing to be thankful for or five things. Do it for longer than 30 days, if you can keep up. Do what works for you. We also say no repeats. Really, how many times can you be thankful for sunny days and your adorable pooch?

2) Format isn't important. You can also keep a proper journal, check out Five Minute Journal, grab a stack of post-it notes, or type it up in a Google doc. Or, you can use this handy [gratitude list printable](#) to get started. Whatever works best for you. And keeping it in one spot will help – in your bag, by your bed, or on the coffee table.

3) Date your entries and start them with "I'm grateful for," "I'm grateful to be," or "I'm grateful that." Keeping up with daily entries can be tough (back to that hectic daily grind we mentioned earlier) so you may find yourself writing in the morning, reflecting on the day before. Rushed in the morning like us? We like the idea of writing our gratitude list before bedtime. This gives you a few minutes to reflect on your day, ground and calm your thoughts, and dig in a bit.

4) Some entries might be short, some might be long. Some might be super poignant, some might be funny. Just like your life. Get stuck? That's normal – you might find yourself at a loss every now and again. You've already done entries on your family, your health, friends, school. A stranger's helpful gesture, your last best meal, and a favorite pet are a good place to start. We also love these [gratitude journal](#) prompts about books, memories, and family traditions (mmm, grandma's pie).

5) Pass it on. Once you've reaped the feel-good rewards of writing a gratitude list, tell someone else about your experience. We're pretty sure we know what their first entry will be.

GRATEFUL READ

A few of our favorite books on gratitude, thankfulness, and happiness.

