

STEPHEN HILL - THE HAPPY COACH



The X factor to your new happy life

GRATITUDE JOURNAL

**GRATITUDE IS THE
BEST MEDICINE.**

**IT HEALS YOUR
MIND, YOUR BODY &
YOUR SPIRIT. IT
ALSO ATTRACT MORE
THINGS TO BE
GRATEFUL FOR.**



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THE X FACTOR

Gratitude is something we all have our disposal throughout our lives but the sad fact of life is that many choose to ignore the positive effects it has on our lives. As I mentioned in my book 'Climbing the Happy Hill', the benefits of embracing Gratitude into your daily life are endless.

There have been numerous studies that show people that embrace gratitude into their day to day experience more positive emotions, get a better night's sleep and feel more alive. Based on just these three benefits, who wouldn't want to incorporate Gratitude.

Throughout this program, you will be embracing gratitude as a major component of the program and will be required to fill out the Gratitude Journal on a daily basis. We will go through each of the sections of this journal so you have a solid understanding of what is required to get the most from your journalling.

- 1. Journalling your day. - Write down how your day went, how you felt and what you experienced within yourself. It is an overview of the day**
- 2. 5 Things you are grateful for. Small or large, it is up to you. To add an extra element, add why you are grateful for this.**
- 3. Who made you happy today? What did they do that made you happy?**
- 4. Who did you make happy today and what did you do to make them happy?**
- 5. What is one thing that you learnt today? Again, could be small or monumental. One thing**
- 6. Complete a random act of kindness. Do something for someone without expecting anything in return.**
- 7. Each day there is one different activity or question to complete on your journey of gratitude.**

As I had mentioned previously, gratitude is a major component of the 'Happy Hill' Program and takes the positive changes to your life to a new level. You can leave it out but it at your own disadvantage. This program has been designed to make improvements in your body and mind.

It is best to fill out this at the end of the day, just before bed as it will put you in the right frame of mind to get a good nights sleep.

Good luck and enjoy this empowering exercise.

Keep Smiling

GRATITUDE JOURNAL

DAY ONE

Journal your day

5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

Who made you happy & what did they do to make you happy?

What did you learn today?

What random act of kindness did you complete today?

Overall Mood for the day

GRATITUDE JOURNAL

DAY TWO

Journal your day

5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

Who made you happy & what did they do to make you happy?

What did you learn today?

What random act of kindness did you complete today?

What was better about today than yesterday?

GRATITUDE JOURNAL

DAY THREE

Journal your day

5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

Who made you happy & what did they do to make you happy?

What did you learn today?

What random act of kindness did you complete today?

What are you looking forward to tomorrow?

GRATITUDE JOURNAL

DAY FOUR

Journal your day

5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

Who made you happy & what did they do to make you happy?

What did you learn today?

What random act of kindness did you complete today?

How has your mood changed from day one?

GRATITUDE JOURNAL

DAY FIVE

Journal your day

5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

Who made you happy & what did they do to make you happy?

What did you learn today?

What random act of kindness did you complete today?

How can you show more gratitude in your life?

GRATITUDE JOURNAL

DAY SIX

Journal your day

5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

Who made you happy & what did they do to make you happy?

What did you learn today?

What random act of kindness did you complete today?

What have you noticed about yourself over the past 6 days?

GRATITUDE JOURNAL

DAY SEVEN

Journal your day

5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

Who made you happy & what did they do to make you happy?

What did you learn today?

What random act of kindness did you complete today?

What was something small that you grateful for?

GRATITUDE JOURNAL

DAY EIGHT

Journal your day

5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

Who made you happy & what did they do to make you happy?

What did you learn today?

What random act of kindness did you complete today?

What have you noticed about others since embracing gratitude?

GRATITUDE JOURNAL

DAY NINE

Journal your day

5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

Who made you happy & what did they do to make you happy?

What did you learn today?

What random act of kindness did you complete today?

How have you changed about yourself since embracing gratitude?

GRATITUDE JOURNAL

DAY TEN

Journal your day

5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

Who made you happy & what did they do to make you happy?

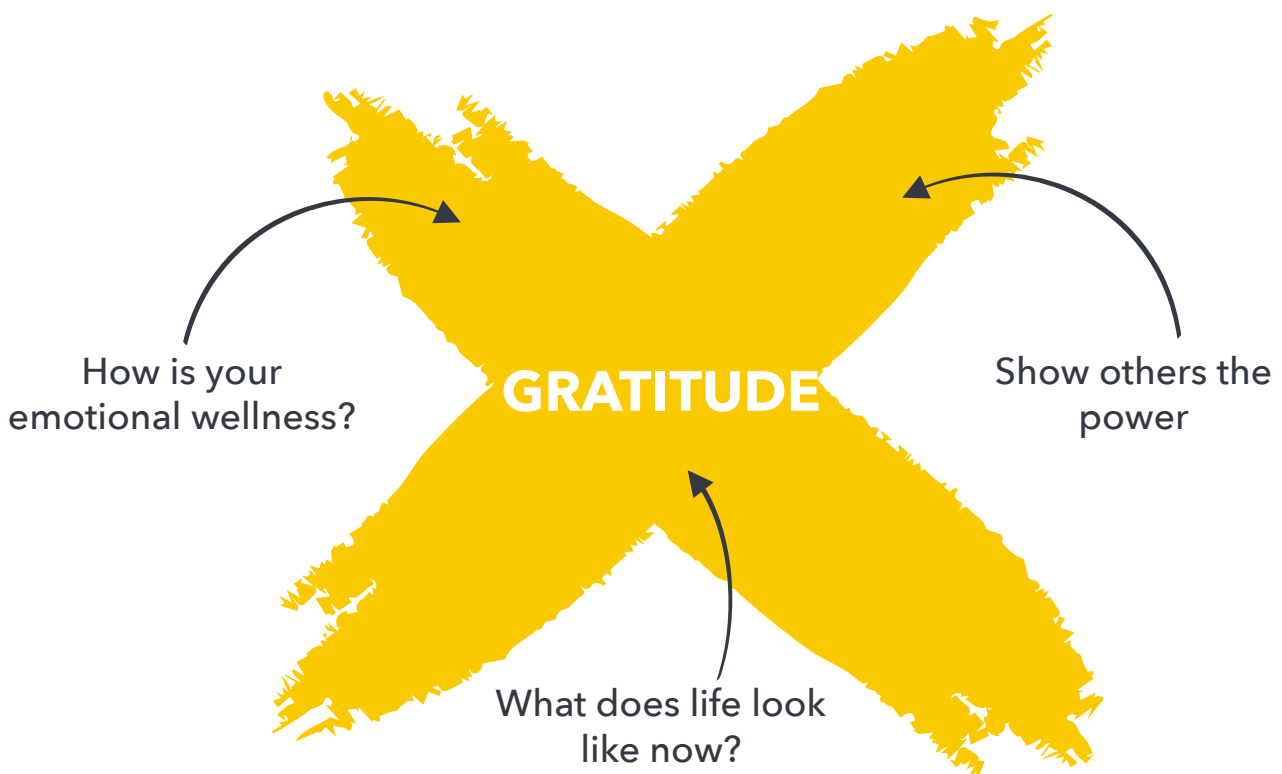
What did you learn today?

What random act of kindness did you complete today?

How will you continue to develop your gratitude muscle?

WHAT NOW?

If you were like me, I'm sure gratitude is now well and truly entrenched in your day to day. But what now? Easy, just continue to do what you are doing and look for everything, each and every day that you can be grateful for. I started my journal over a year ago and there is not a day I miss doing my journal. There is a multitude of benefits just by continuing your gratitude journey.



You now have your disposal a tool that will help you through the lows and propel you through the highs. Gratitude has a grip on making life better and now it can help to make yours better as well. Good luck with your Gratitude journey and enjoy all it has to give you.

P. S I have a gratitude challenge on my website www.thehappycoach.com.au that you can participate in. 7 Days of different activities that encompasses Gratitude. Check it out.

Cheers and Keep on Smiling.