



Gratitude Journal

by Rachael Dawson

A few years ago, I started a gratitude journal. It was tiny, fit in my pocket, and I took it with me everywhere. Throughout the day, I would take a few seconds to jot down little things I was grateful for, with the aim of getting to 1,000. It was such a simple practice, but it started to make such a big impact on my life and my attitude.

These little notes became little prayers to God throughout the day, each one expressing thankfulness for the many blessings he was showering on me. Some were significant and deeply meaningful, like a powerful prayer from a close friend or a breakthrough in a dark season, but some were as small as a smile from a stranger or a butterfly landing nearby. All helped me pause and praise God.

Here's my advice to us all: Just try to slow down a little today. Keep your eyes open. Look around you, look up, look into the eyes of the people you pass, look at the grass growing or the flowers blooming or the autumn leaves falling. Take time to notice and appreciate the beauty of the world around you, and take a few extra minutes to write it all down. You'll be surprised how gratitude can change your whole perspective on life and give you reason upon reason to praise the Creator of it all.