



Patti Thor

www.PattiThor.com
www.RadicalGiver.com
www.Facebook.com/RadicalGiver

NOTE FROM THE AUTHOR

Gratitude is a powerful force. Even highly successful people have increased their joy, satisfaction and success through keeping gratitude journals. Learning to focus on the good in every situation keeps your mind open to hopeful possibilities.

It may seem to be almost too simple of a task to write that you are thankful for watching the sun sparkle on the dew in the morning or that you are thankful for a safe drive home from work, but focusing on the gratitude you have, changes your body chemistry and helps you to enjoy your life to the fullest.

WEEK 1

Choose one problem in each of the following areas: Health (Physical/Mental), Finances, Business, Relationships, Personal Relationships and Spiritual. Document the problem on which you want to change your focus. Depict your ideal solution to that problem. Paint the picture of success using a detailed visual description. After four weeks of journaling your gratitude in each of these areas, reassess your progress and how your focus and issues have changed.

Describe Problem Before Keeping Your Four Week Gratitude Journal

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Paint Your Ideal "After" Look

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 1 - Examples

Health (Physical/Mental) Thank you that I resisted eating a second piece of cake at dinner today.

Finances Thank you that I had enough to pay my mortgage this month and put an extra amount into my investments.

Business Relationships Thank you that I got to meet Mr. Big briefly in the elevator today. Thank you that Joe Coworker is improving.

Personal Relationships Thank you that I got to meet my wife for lunch today Thank you that my son picked up his clothes without being told

Spiritual Thank you that I felt a brief moment of peace just now as I am thinking of what to be grateful for.

Day 1

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 2

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 3

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 4

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 5

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 6

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 7

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

WEEK 2

Day 1

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 2

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 3

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 4

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 5

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 6

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 7

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Other _____

WEEK 3

Day 1

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 2

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 3

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 4

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 5

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 6

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 7

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Other _____

WEEK 4

Day 1

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 2

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 3

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 4

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 5

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 6

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Day 7

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

Other _____

Document Your Success After Keeping Your Four-Week Gratitude Journal

Health (Physical/Mental) _____

Finances _____

Business Relationships _____

Personal Relationships _____

Spiritual _____

As you have become more aware of others and have increased giving thanks both in your journal and to others, the author has included a bonus – Thank you cards. Simply have them printed on cardstock and cut apart. These can be used as postcards to mail or just write a note and tuck it into your spouse’s briefcase, sneak it into your child’s backpack or drop it on your co-worker’s desk. Thank you and have a great day.

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