365 DAYS OF GRATITUDE JOURNAL
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EXCERPT

Gratitude journaling brings me so much. It slows me down. It reminds me to take deep breaths in and out. It stops me from pushing myself too hard, too often. It brings me joy. Happiness. Appreciation. It reminds me of all I have going for me, no matter the kind of day it's been.

It really has been the key I was looking and ready for when it showed up in my life.

But, even now, after years of practice, I have to consciously decide to do the work. That it came at the right time and with the structure I needed doesn't mean I don't get off track, especially when the going gets tough.

I used to become angry and utterly frustrated with myself when this happened, but now I simply sit myself down (read: force myself to take a break) and return to my practice. And because it's such a simple, structured practice, it's easier to pick up again than I often think.

Of course, some days or even weeks will be easier than others, but that's another thing gratitude journaling has brought me. No matter how far I stray, I am grateful for having something to return to. For all the days I ignore my practice, I'm grateful for all the days I do pick up my journal and let the miracle that is life unfold in front of me.