

# gratitude

the secret path to  
**happiness**

Noticing what's good can calm  
the mind and lift the mood

and it doesn't mean we should ignore the hard  
things · but we can pause to see

the steady · the kind · the beautiful

## Why it helps

Boosts mood ✓  
and motivation

Reduces stress ✓  
and negative thinking

Feel congruent, ✓  
grounded and reminded  
of what matters

## How to start

"One thing that supported me today was"

"Today I am grateful for"

"A small joy I noticed"

one thing is enough

keep it simple

be specific

don't force positivity

## gratefulness

A deep breath that helped me reset

Someone who made me feel seen

A quiet moment in a loud day

A cozy book or familiar show

A warm drink, soft light or kind word

all parts are  
welcome

one day at a time

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