

Gratitude A-Z Journaling

"Pay tribute to God by paying attention."

Ann Voskamp, *One Thousand Gifts*

In her book, *Thrive*, Arianna Huffington states, "Gratitude works its magic by serving as an antidote to negative emotions. It's like white blood cells for the soul, protecting us from cynicism, entitlement, anger, and resignation."

While I don't believe in magic, I do believe that gratitude is nourishment for the soul. Pay attention. Write it down. Feed your soul. Worship God.

Gratitude A-Z Journaling asks us to record the things for which we are thankful – alphabetically.

Materials:

Blank journal or composition book

Pen or pencil

Method:

Step 1: Decide on what type of A-Z list you will be creating – a one or two word list or something wordier.

Step 2: If your entry will be more list-like, begin by writing the alphabet down the side of your page. If you are going for something more elaborate, consider labeling as you work or leaving several lines between the letters.

Step 3: Fill in your A-Z list with the things you are thankful for.

Note: I prefer having the alphabet on the paper before I begin. My mind does not often do its best work in a linear fashion, so I find it difficult to work in A-Z order. Personally, I much prefer to add things to my already-prepared list as they come to mind.