

Many Thanks For The Blessings In My Life A Gratitude Journal.pdf

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Gratitude makes us feel more gratitude. This is why a five-minute a week gratitude journal can make us so much happier. The actual gratitude produced during those five minutes is small, but the emotions of gratitude felt during those five-minutes are enough to trigger a grateful mood.

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A Take Home Message. Gratitude is a human emotion that can be most simply defined as appreciation or acknowledgment of an altruistic act. Historically, philosophers have suggested that gratitude is one of the most important human emotions for the success of the society, and religious and spiritual thinkers have suggested that it is a crucial aspect of religious and spiritual life. Modern ...

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Time Required. 15 minutes per day, at least once per week for at least two weeks. Studies suggest that writing in a gratitude journal three times per week might actually have a greater impact on our happiness than journaling every day.

[Gratitude - Wikipedia](#)

Sat, 15 Sep 2018 14:40:00 GMT

Gratitude, thankfulness, thanksgiving, or gratefulness, from the Latin word *gratus* 'pleasing, thankful', is a feeling of appreciation felt by and/or similar positive response shown by the recipient of kindness, gifts, help, favors, or other types of generosity, towards the giver of such gifts. The experience of gratitude has historically been a focus of several world religions.

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