

# R # 18

## Chapter 10: C.O.M.P.A.S.S

### Forms of **Gratitude** Journaling

IGF/AGF

IGF: I am Grateful For:

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AGF: Advanced Gratitude For:

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**3GT/LFT:**

3GT (List Three Good Things that happened the previous day)

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LFT (List three things you are Looking Forward To):

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## What If?

If you don't develop an attitude of gratitude in some ways, you may continue to feel frustrated no matter how much you achieve. When you practice gratitude in some form, especially when you specifically count your blessings, you feel satisfaction with whatever you have. Advanced gratitude even allows you to focus on what you don't have yet but desire in a way that it doesn't cause frustration and give your mind a direction for where you want to be. Even if the phrase gratitude doesn't appeal to you, you can still use the 3GT/LFT version to help you focus on what you have and bring joy and satisfaction in your life.

Go ahead, pick whatever works for you and start practicing gratitude journal today to help you further your attitude of gratitude.