How to Begin Writing a Gratitude Journal for Daily Mental Reset.

1. Make a conscious decision to become more grateful for the life you have today in writing. Your personal WHY means everything, make it clear and concise, write it out.
2. Buy a special notebook, preferably an 8 ½” x 11” spiral size for this purpose alone.
3. Begin with an Attitude of Gratitude for every breath before writing. Say it to yourself.
4. Write at the same time of day where you have the most mental energy, say early morning.
5. Imagine you’re sitting at the most peaceful place of your choice, maybe beside a lake or in the forest. Taking a few deep breaths before writing may help to relax your mind and body.
6. Think about the key events and people you met the day before, your subjects today.
7. Ask one question as your writing prompt and put it on the page every time you write. “What AHA lessons did we learn and love yesterday?”
8. You are writing as a Love Letter to yourself or someone you love as a note to your future self.
9. Let the words flow like water onto the page and NO self-editing allowed. You can make changes after the flow of ideas stops at the end of your thought process.
10. Allow one idea to flow into a second one as if your body and the paper were moving together to become a sacred space to share your deepest creative emotions with only your heart.
11. The first thought begins with a statement of what you learned or experienced the day before. Add your own AHA Lesson: this is what you loved and learned from this event, person, or experience. How did you grow? How can you expand your life purpose?
12. Ask what would you do differently next time? How could I make this a more peaceful event in the future? If it was a traumatic event, ask your spirit to guide you to change your response and stay focused on positive lessons without anger but get out all frustrations as well. What you write is only between you and God in these pages, remember that always.
13. Write out your own HARP (Healthy Aging Relationship Play) Practice Guide for daily use as to how many days per week you will begin this as a new habit for documenting and recording personal stories for the future by incorporating it into your subconscious efforts to stay curious and open to lessons that stimulates your imagination connected to nature.

This daily practice will set you free of fear, guilt, anger, and shame when you learn to Let GO of Outcome in your writing practice and in your daily life with gratitude for all experiences, even the negative ones. This is your own Hero’s Journey Home, right?

Our AHA University Community is a safe place, we’re all about accepting each other as fallible human beings, learning from each other as equally important, and using the natural spaces around us to help us heal from the inside out.

We all need to learn how to grow beyond fear by embracing joy on our own Hero’s Journey Home to our own true heart desires and the meaning of our lives.

Viktor Frankl’s book, “Man’s Search for Meaning” was the greatest influence in my writing life on the journey to becoming a wholehearted human being and I highly recommend buying his book.

Please consider joining our FREE Community space and downloading our HARP Practice examples of peers for your personal use as a guide to the future “Reinvention” of your mind and creative lifestyle.

We are all Co-creating True Wealth as Pure Health in our AHA University community when we freely share our lessons in personal and professional growth to help others learn from our experiences. In this way we learn and grow together by actions on how to put people and planet above profits.

Please continue to come back to our Living Legacy platform to explore the new assets we include for each other, because you are now also a part of our growing family and we need your help to continue to grow as individuals, part of a real family and a loyal community for all ages.

Soon you will be able to add your story here at AHA University Community and share your heart desires with the dignity and respect you deserve and so do we.

Remember, Success is not about what we have, it’s about WHO we are, and WHAT we give from the heart that matters most. Join us today and let’s play together as friends.