

11th June, 2008

THE GRATITUDE JOURNAL

DEAR DIARY, I can't remember if it was the book *The Secret* or *Oprah* or both, but between them, mention was made of a Gratitude Journal. It encourages me to write down all the things I'm grateful for during the course of my day. Don't feel like I'm cheating on you Diary, the Gratitude Journal is an addendum, not a replacement.

Anyway, I try to limit my thanks to five things these days because when I started it, I would just go on and on until I ran out of things to be thankful for but it started to become ridiculous. I was saying thanks for things that didn't happen like DEAR GRATITUDE JOURNAL, I'm grateful that it didn't rain when I was walking home from the hairdressers without an umbrella. So instead of looking for silly things, I now tend to stick to things that are not bordering on the ridiculous.

Today I am grateful for the following:

1. I'm grateful that James (my boss) called this morning to thank me for working on my own on a project this weekend which called for two people but my colleague who I work closely with is on holiday at the moment and I had to complete it solo. It turns out that the client sent James an email today saying she was very happy with my work.
2. I'm grateful that the tree surgeon came today because the tall trees have been blocking out the natural light in the garden. I can see blue skies and sun again – the weather's been warm, sunny and bright which is also something to be grateful for.
3. I'm grateful for my son's helping hand this morning. He mopped the bathroom and cleaned it from top to bottom and mopped the hallway too. All without moaning.
4. I'm grateful for the lovely young lady in Sainsbury's in Balham who said that my skin was glowing and asked what products do I use (Mary Kay by the way). This came out of nowhere and it made me feel pretty cute!
5. I'm grateful that my friend Mel called me this morning because he always makes me happy! He also told me that he's heard a song that reminds him of me by a singer by the name of Ledisi. I went out and bought her CD, *Lost and Found* today. I've played

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the title track Lost and Found over and over again which seems to be my favourite so far. Also, the guy in the record shop recommended Chrisette Michele and Raheem DeVaughn and I also bought our very own Estelle's CD Shine. She's done a fab version of Half Pint's No Substitute Love so I'll be dancing all over the house tonight.

It's far better to feel grateful about something everyday as opposed to feeling fed up about anything and everything. It shifts my consciousness because I find myself not only being grateful for small mercies, but I find that I'm also trying to do a little something on my daily encounters with other people for someone else to have something nice to be grateful for.

While I'm here, my life is certainly not all sweetness and light, other horrible things may be happening right now but there's no place for it in the Gratitude Journal! The day that I write down all the stuff that doesn't work, I'd need to open up a library in the basement to store all the journals!

Yesterday, I spoke to friend of mine and explained the benefits of a Gratitude Journal. He's already expressed that he's not that interested. He needs it more than anyone I know, he's been very unhappy lately and I find myself feeling quite depressed after being around him. As I can't put a rocket up his arse, I thought it would be good to recommend he find something to be grateful for every day. Miserable son of a bitch.

Anyway, hooray for the Gratitude Journal!

August Mayfield