

A Gratitude Diary - 2017

Dear Friends,

I began ordering these little books in 2003 when I still thought I wanted to actively market **Leadership 2020**. My marketing plan fell away years ago, but by that time I had found so many uses for these little books that I kept ordering them anyway. Now, instead of thinking of them as a marketing tool, I keep several copies for myself and give the rest away.

Since I know that most people already have a system for keeping track of activities and appointments ... here's a list of some different uses I've found for them:

1. *A health record where I can record doctor's visits, illnesses, medications, changes in health, and even all my good intentions about diet and exercise.*
2. *A record of books read, audio books listened to, movies and plays seen . . . and thoughts about things I'd like to see or read in the future.*
3. *A writer's journal for jotting down ideas, quotes, and/or first sentences that I might someday want to use.*
4. *A "Chart and Stars" record for forming new habits or erasing old ones.*¹
5. *And finally, my favorite, a **Gratitude Diary**.*

I've written in previous years how my little "system" evolved – but I've learned that it's just a tool – and that the best use is the one you figure out for yourself. As I've seen my daily "To Do" list turn into a Gratitude Diary, my default outlook seems to be on the positive side these days. I've heard that called "living in an attitude of gratitude."

In 2015 the title of my workshop changed (hopefully for the last time) to "**Transitions: A Workshop in Six Sessions**." In 2016 I learned how to use MS Publisher to create a brochure. My commitment for this 2017 is to move forward on the website. There's not very much there yet, but I do add to the blog from time to time. Having subscribers helps keep me on the right track – regardless of how slowly the train is moving! If nothing else, I've learned to let go of the outcomes because it's the baby steps that count.

[Http://itsabouttime.edublogs.org/blog/](http://itsabouttime.edublogs.org/blog/)

Have a great year! ☺

¹ From the workshop "**Transitions: A Workshop in Six Sessions**" Sessions 2,4, and 6. Call or email me if you would like more information: Bette Moore (541)251-3252: bette@leadership2020.org