a birthday cake. Because she wasn't expecting it, she was particularly thankful.

The last essential for gratitude journal writing is **specificity**. Specificity is important because the truth is in the details. Which statement contains more gratitude, "I am thankful my mother cooked me dinner," or "My mom cooked me my favorite dinner — tacos"? Including the details does a better job of articulating *why* you are thankful.

ϑ

For this activity, you are going to write at least five gratitude entries in your journal for things that have happened within the last week. You should write at least one for each essential elements of scarcity, surprise, and specificity.

Here are three examples:

**Scarcity**

*"I am thankful for getting a chance to work with Joe in shipping. He is leaving for a new job next week, and if I hadn't had the time to work with him Thursday on our new process, I wouldn't have had the chance to meet him. Joe is a great guy; he had lots of good ideas and our company will miss him."*

**Surprise**

*"To my surprise, my son, who is never ready on time, was actually ready to leave for school on time this morning. Because he was on time, I was on time, and the whole day went better. I am thankful for his timeliness."*

**Specificity**

*"I am thankful for my most recent haircut. Jeanne did a great job and got the blonde highlights just right, the length perfect, and the shaggy ends the way I like them. After seeing Jeanne, I feel radiant and ready for anything."*

Repeat this activity of writing five or more gratitude entries at least twice a week until you complete the first turn of the Manifestation

Wheel. Emmons points out that people can tire of gratitude journaling. It is important to keep it fresh and interesting. Writing only twice a week won't feel like a burden. It will start the ball rolling toward developing an attitude of gratitude and a practice of being more appreciative.

## STEPS:

1. Write in your gratitude journal twice a week for at least three weeks.
2. Write five entries and make sure at least one entry focuses on each of the following: scarcity, surprise, and specificity.