



MB1111 Happiness, Passion, and Aesthetic

INDIVIDUAL ASSIGNMENT

Gratitude Journal

Submitted by :

Supapich Umchansa ID.6511794

Section

402

Date Of Submission:

December 15, 2025

Semester 2 / 2025

Gratitude Journal

Day 1

Activity:

- Pet University's dog (Duration: 40 Mins)

Grateful For:

- The dog's happy greeting, the break in my studies, and the comfortable weather outdoors.

Reasons Why:

- The dog's happy greeting brought me pure joy and a reminder of simple affection.
- Taking a break in my studies is essential for mental restoration, leaving me feeling refreshed.
- The comfortable weather allowed me to enjoy the outdoors with ease and pleasure.

Appreciate:

- The University staff member who cares for the dog.

Day 2

Activity:

- Go to Shiba Inu cafe (Duration: 180 Mins)

Grateful For:

- The affectionate dogs, the dedicated cafe staff, and the cozy environment.

Reasons Why:

- Spending time with the affectionate dogs provided an excellent emotional outlet and boosted my mood.
- The staff's hard work ensured the environment was clean and pleasant, which promoted my feeling of calm.
- The cozy cafe environment gave me a sense of belonging and comfort.

Appreciate:

- My parents who took me to the Shiba Inu cafe.

Day 3

Activity:

- Jogging through the park (Duration: 180 Mins)

Grateful For:

- The feeling of movement in my body, the fresh air, and a podcast or music that motivated me.

Reasons Why:

- The feeling of movement provided a great sense of vitality and physical well-being.
- The fresh air is essential for my overall health and deep breathing.
- The motivating music/podcast provided the inspiration needed to complete the long jog.

Appreciate:

- The city planners who designed and maintain the park.

Day 4**Activity:**

- Playing with my dog (Duration: 60 Mins)

Grateful For:

- My dog's playful energy, the shared laughter, and the security of having a pet.

Reasons Why:

- My dog's playful energy is a wonderful source of amusement and lightheartedness.
- The shared laughter brought a moment of pure lightness and connection.
- The security of having a pet gives me deep emotional support.

Appreciate:

- My dog for their unconditional love.

Day 5**Activity:**

- Doing exercise (Duration: 120 Mins)

Grateful For:

- My body's capability, a successful workout, and a healthy snack afterward.

Reasons Why:

- I am grateful for the strength and capability my body showed during this long exercise.
- Achieving a successful workout gave me a great feeling of satisfaction and accomplishment.
- The healthy snack provided the necessary nourishment to recover.

Appreciate:

- The fitness instructor/app that guided the exercise routine.

Day 6**Activity:**

- Having dinner with my friends (Duration: 50 Mins)

Grateful For:

- The good food, the conversation, and the closeness of our friendship.

Reasons Why:

- Eating good food with friends strengthens our sense of belonging and community.
- The stimulating conversation expanded my thoughts and satisfied my curiosity.
- The closeness of our friendship provides a deep emotional connection.

Appreciate:

- The friend who organized the dinner tonight.

Day 7

Activity:

- Playing with the university's goose (Duration: 90 Mins)

Grateful For:

- The unique animal encounter, the memory I created, and the peaceful campus environment.

Reasons Why:

- Interacting with a unique animal provided a sense of wonder and novelty.
- Creating this specific memory gives me something cheerful to recall, bringing me cheer.
- The peaceful environment gave me an unexpected sense of calm during a busy week.

Appreciate:

- The goose itself for being entertaining and unique.

Day 8

Activity:

- Walking to the class (Duration: 15 Mins)

Grateful For:

- The ability to walk, comfortable shoes, and being on time for class.

Reasons Why:

- Being physically able to walk is a major part of my daily wellness and independence.
- Comfortable shoes allowed me to get to class with ease and prevented discomfort.
- Being on time for class provided the convenience of a relaxed start to the lesson.

Appreciate:

- The shoe designer for creating comfortable walking shoes.

Day 9

Activity:

- Go to dog country cafe (Duration: 60 Mins)

Grateful For:

- The time spent outdoors, the simple joy of watching dogs play, and a comfortable seat.

Reasons Why:

- Being outdoors and breathing fresh air provided a moment of meditation and clarity.
- Watching the dogs play brought a deep feeling of joy and lightheartedness.
- A comfortable seat allowed me to observe the activity in a state of deep relaxation.

Appreciate:

- The staff member who helped me pick a comfortable spot.

Day 10

Activity:

- Pet University's cat (Duration: 60 Mins)

Grateful For:

- The cat's gentle purr, a quiet place to sit, and the warmth of the day.

Reasons Why:

- The gentle purr was a form of physical comfort that was immediately soothing.
- Finding a quiet place to sit gave me the important mental peace I needed today.
- The natural warmth of the day provided a pleasant feeling of security and warmth.

Appreciate:

- The person who first domesticated cats.

Day 11**Activity:**

- Meet K9 dog* (Duration: 30 Mins)

Grateful For:

- The K9 dog's focus and discipline, the cool weather during the visit, and the feeling of safety I had today.

Reasons Why:

- The dog's training and focus gave me a renewed sense of purpose and appreciation for skill.
- The cool weather allowed me to move and observe comfortably, promoting my overall wellness.
- Knowing the K9 unit is working helped me feel secure and safe in my environment.

Appreciate:

- The K9 dog handler for their dedication and training.

Day 12**Activity:**

- Go to red cross fair 2025 (Duration: 180 Mins)

Grateful For:

- The large crowd energy, a good sale I found, and the opportunity to support a cause.

Reasons Why:

- The energy of the crowd made for a lively escape from routine and lifted my spirits.
- Finding a good sale brought a feeling of unexpected abundance and good luck.
- Supporting a cause gave me a strong sense of guidance toward being a better community member.

Appreciate:

- The Red Cross volunteers who organized the event.

Day 13**Activity:**

- Start to do experiment review (Duration: 360 Mins)

Grateful For:

- My access to education, a functional computer, and a challenging problem to solve.

Reasons Why:

- Access to education gives me the independence to learn and grow my skills.
- A functional computer provided the necessary clarity and tools to perform the work efficiently.
- Solving a challenging problem offers a great intellectual outlet and engagement.

Appreciate: My professor

- for their teaching and setting up the experiment.

Day 14**Activity:**

- Finish my chinese (Duration: 60 Mins)

Grateful For:

- Successfully completing the task, the quiet time to focus, and the satisfaction of learning.

Reasons Why:

- Successfully completing the task provided a strong feeling of achievement and relief.
- The quiet time to focus helped maintain my discipline and concentration on the assignment.
- The feeling of learning a new skill provides ultimate self-purpose.

Appreciate:

- Myself, for diligently committing to the learning process.