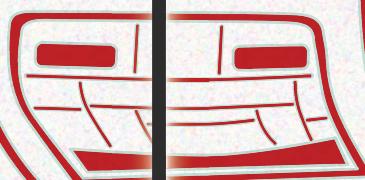


GRATITUDE JOURNAL

OCTOBER

01

01





Gratitude encourages the treasuring of positive life experiences. For instance, gratitude is present when the actions of others are appreciated, thus helping in the nurturing of a sense of interconnectedness (Emmons, 2012)¹. We are all familiar with this feeling of gratitude – we receive a gift, and we are thankful for this provision of kindness to us.

It is with this thought that we decided to create this gratitude journal for you.

You may wonder what a gratitude journal is. In essence, the journal enables us to keep track of the good things in life. It reminds us that no matter how difficult and challenging life can sometimes get, there is always something to feel grateful for. Even yourself. Yes, do not forget to say 'thank you' to yourself, as strange as that may sound.

We hope you will take comfort in this act of writing. With that, we welcome you to your very own gratitude journal.

BENEFITS OF KEEPING A GRATITUDE JOURNAL

Jessen (2016) highlighted the following benefits in her article, "The Benefits of a Gratitude Journal and How to Maintain One"².

- Gratitude journaling, like many gratitude practices, can lower your stress levels;
- Journaling can give you a new perspective on what is important to you and what you truly appreciate in your life;
- By noting what you are grateful for, you can gain clarity on what you want to have more of in your life, and what you can do without;
- Gratitude journaling can help you find out and focus on what really matters to you;
- Keeping a gratitude journal helps you learn more about yourself and become more self-aware;
- Your gratitude journal is for your eyes only, so you can write anything you feel without worrying about judgment from others;
- On days when you feel blue, you can browse your gratitude journal to readjust your attitude and remember all the good things in your life.

1 Emmons, R.A. (2012). Queen of the virtues? Gratitude as human strength. *Reflective practice: Formation and Supervision in Ministry*, 32, 49–62.

2 Jessen, L. (2016, July 8). The Benefits of a Gratitude Journal and How to Maintain One. *The Huffington Post*. Retrieved on February 22, 2020, from https://www.huffpost.com/entry/gratitude-journal_b_7745854

FOR STARTERS

The idea of this gratitude journal is to encourage you to reflect on your day.

Find a quiet spot and take a few minutes to calm your mind. Limit the interactions: put your phone on silent and switch off the television and radio.

Think of three things that you are thankful for today. If you are unable to, start with one. As the days go by, allow yourself to reflect on more things that you are grateful for.

GRATITUDE

Date: _____

Today was



Today, I am thankful for

1. _____
2. _____
3. _____

What made me smile today? _____

What was the best thing that happened today? _____

I am looking forward to _____

GRATITUDE

Date: _____

Today was



Today, I am thankful for

1. _____

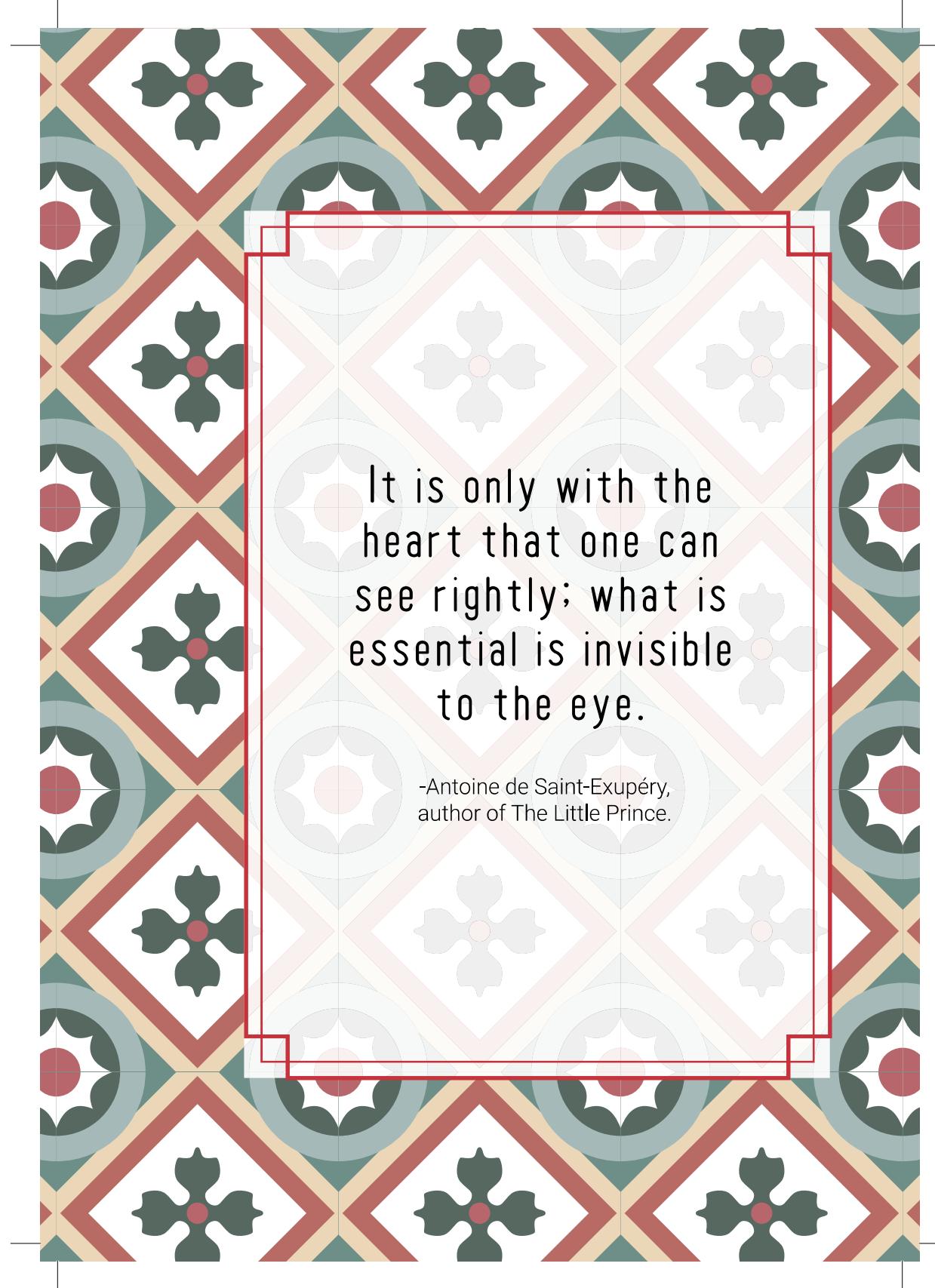
2. _____

3. _____

What made me smile today? _____

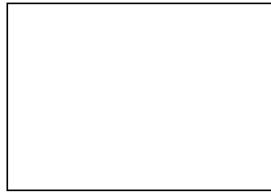
What was the best thing that happened today? _____

I am looking forward to _____



It is only with the heart that one can see rightly; what is essential is invisible to the eye.

-Antoine de Saint-Exupéry,
author of The Little Prince.



**The self-care handbook: Connect
with yourself and boost your
wellbeing***

Gill Hasson

Call no.: 158.1 HAS

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14

There is always
something left
to love.

-Gabriel García Márquez,
author of One Hundred Years of Solitude.



Self-Care: How to live mindfully and look after yourself*
Claire Chamberlain
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SELF-CARE



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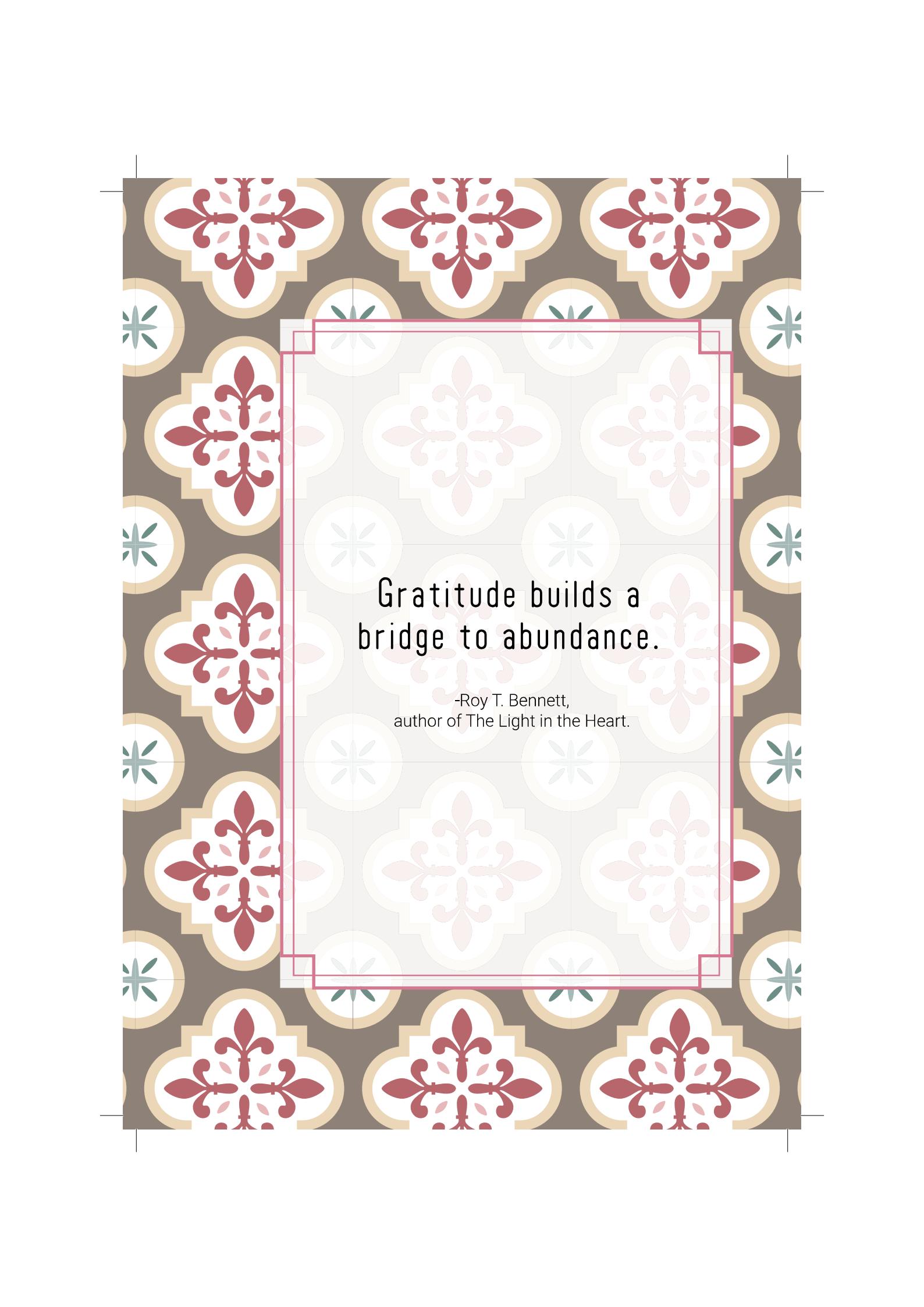


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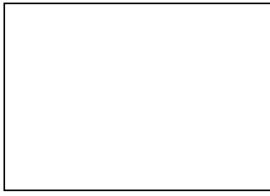
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Gratitude builds a
bridge to abundance.

-Roy T. Bennett,
author of The Light in the Heart.



The year of less: How I stopped
shopping, gave away my belongings,
and discovered life is worth more
than anything you can buy in a store*

Cait Flanders
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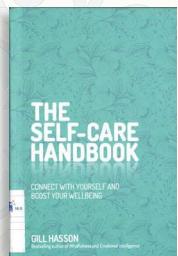
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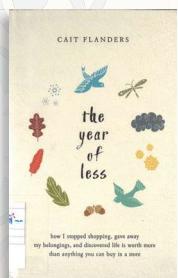
BOOK RECOMMENDATIONS



The self-care handbook: Connect with yourself and boost your wellbeing*
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