

# GRATITUDE & THANKFUL JOURNAL



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“Give thanks for a little and you will find a lot” ~Hausa Proverb

## I profoundly believe in the importance and power of gratitude and being thankful

I love sending "Thinking of You" emails to friends, slowly walking through my neighbourhood and appreciating the foliage, and simply saying, "I'm thankful for this" when I eat, work, and play. These little practices help me keep my problems in perspective, keep me grounded, and encourage me to invest in life.

I invite you to experience the same deep connection with life and self. This is not a traditional way of writing a specific number of things to be thankful for. It's a different approach on being Thankful and appreciative. A celebration! This celebration is about building deeper connection with life, people and yourself. It covers all aspects of your life. Work, family, money, health, friends, body, intimacy etc **YOU CHOOSE**.

### The Art of Thankfulness:

1. Sitting quietly
2. Becoming aware of the day
3. Feel the joy or happiness of the Good things that you are thankful for or appreciative of
4. Now write it down. It's not about things only, it's about people too. There is no limit to the number of things to write. Some days you may just have one. Next day you may have a full page. Be flexible.
5. Elaborating on why you are grateful allows you to really explore your feelings *e.g. A long and hilarious chat with Wendy about her blind date with Mr. Potato Head*
6. Keep negative Nancy in the closet
7. Write about different things or experiences. Mix it up. It will keep interesting and fun. Expand your view
8. Let your creative and fun side come to play. Insert photos or show tickets or dry flower. Create a scrap book or collage. There are so many ways. You choose which can work for you.
9. Oh come on give it a chance. You will gain joy, awareness, fun, positivity, mojo, happiness, new possibilities. Life will seem more colourful and beautiful.



## Benefits of being Thankful for and Appreciative of .....

**“I don’t have to chase extraordinary moments to find happiness—it’s right in front of me if I’m paying attention and practicing gratitude.” ~Brené Brown**

1. Brings you to the Present Moment
2. Creates Awareness & Focus
3. Feel Lighter
4. Boost Confidence
5. Be Happy & Content
6. Connect with People & Self
7. Be Empathetic
8. Reduce Stress and Worry
9. Build better Relationships
10. Improves Sleep
11. See more Possibilities in Life
12. Makes one less Judgemental
13. Strengthens Mental Health





Today I am Thankful for...

Today I am Appreciative of...



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Today I am Thankful for...

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Today I am Thankful for...

Today I am Appreciative of...



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