

Gratitude

JOURNAL





THIS JOURNAL
BELONGS TO

DID YOU KNOW?



Regularly updating a
gratitude journal

helps to lower stress levels and gain a sense of calm and happiness.*



MORE BENEFITS...

It increases
positivity

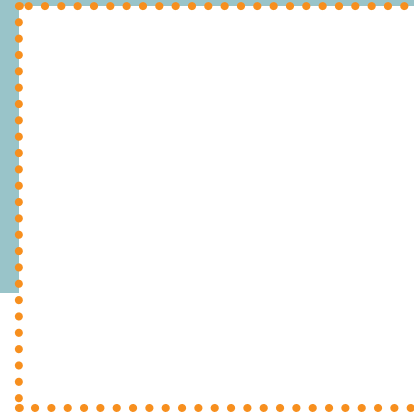
It improves
self-esteem

It helps you
sleep
better

It reduces
stress

It makes you
happier

What is *gratitude*
and what does it look like?



Try to describe or draw a picture of the way gratitude feels. Is it bright or subtle? Big or small? What shape is it? Let your imagination manifest it!

What does gratitude mean to you?

"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."

- Marcel Proust

"No one has ever become poor by giving."

-Anne Frank

*Jessen, L. (2015, July 8). The Benefits of a Gratitude Journal and How to Maintain One. HuffPost. Retrieved from <https://www.huffpost.com>.

WRITE IT!

CELEBRATE

the every day

Take a moment to appreciate the good things in your life. Write it on a leaf. Having trouble getting started? Think of things in these categories.

BIG OR SMALL

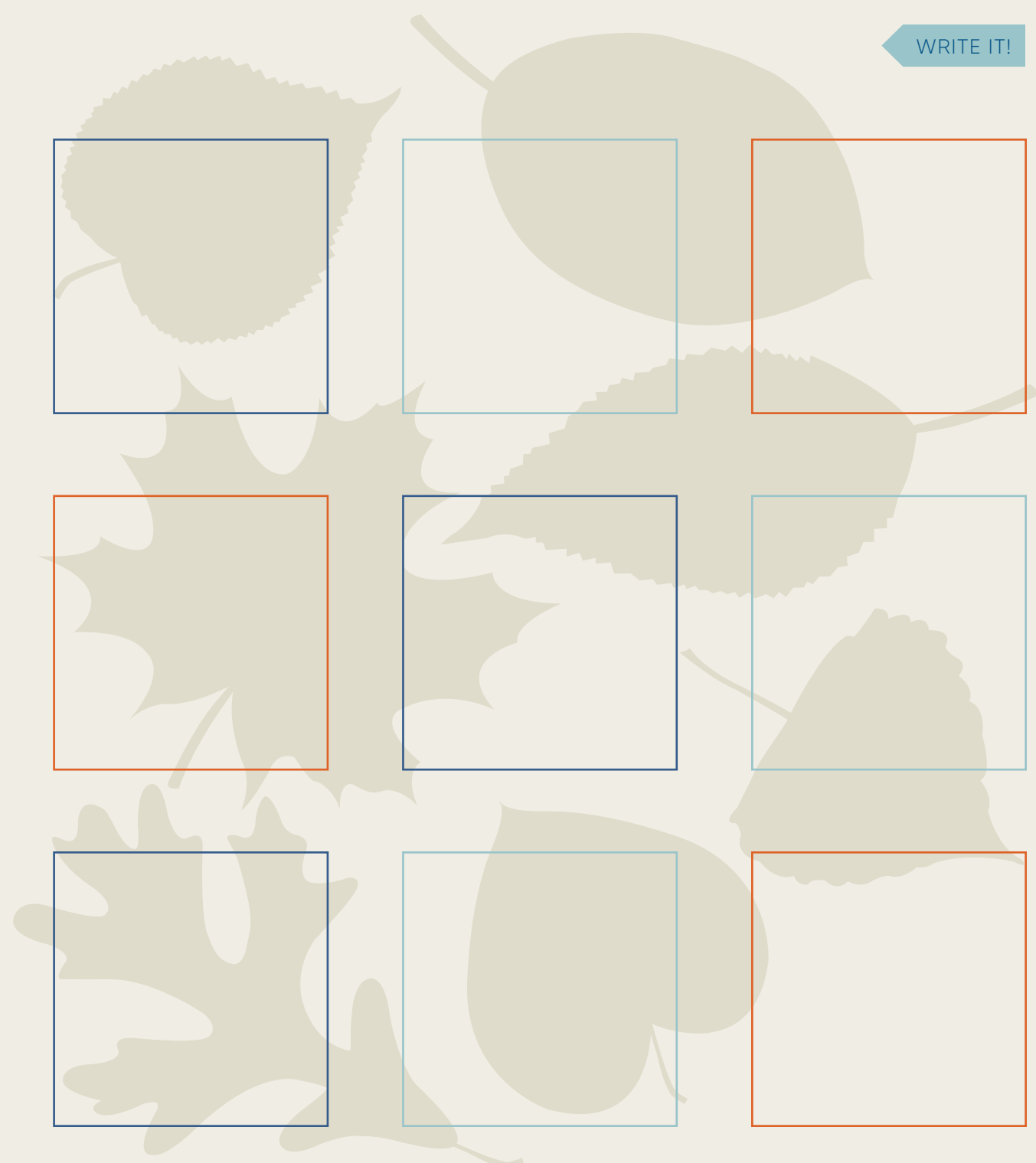
Achieve a big goal lately? Or take a small step in the right direction? Show gratitude for that.

INTERNAL OR EXTERNAL

It's great to have gratitude for yourself and your abilities, but you can also show thanks for other people, places, or things in your life.

PAST, PRESENT, OR FUTURE

Whether you're thankful for a memory, grateful for aspects of your life today, or looking forward to events that have yet to come, express it here!



THE PRACTICE OF gratitude IS A CYCLE



1 RECOGNIZE

LOOK FOR PEOPLE, PLACES, AND THINGS THAT YOU VALUE

or improve your life. This could be anything from beautiful flowers, to fresh-baked cookies, to spending time with a family member. Consider making a physical or mental list — the more you look for things to be grateful for, the more you will find!

2 REFLECT

TAKE TIME TO THINK ABOUT THE IDEAS FROM YOUR LIST.

How did these things come to be? Think about causes and effects, and how your life has improved because of the people and situations. By taking a closer look at the positive aspects of your life, you may find even more things to be grateful for!

3 EXPRESS

LOOK FOR OPPORTUNITIES TO SAY THANK YOU.

This is an important step toward taking your gratitude lifestyle to the next level. There are many ways to express gratitude, from keeping a gratitude journal, to writing thank you notes, or simply thanking someone for their valuable contribution to your life.

4 GIVE BACK

KEEP A GRATEFUL ATTITUDE AT THE TOP OF YOUR MIND

by making a positive difference at home or in your community. Not only will you feel good, but others will feel grateful for your actions. This way the cycle can spread and start again, and the additive effects of many grateful givers can be shared by all.

I AM **GRATEFUL** FOR...

things around me

Take time throughout your day to note positive things that happen, or capture a happy moment. Appreciate the small things... your coffee order is correct, you're wearing your favorite sweater, you got an 'A' on that paper... it's amazing how much good can happen in one day.

SENSES



MORNING:

AFTERNOON:

NIGHT:

I AM **GRATEFUL** FOR...

my family

RELATIONSHIPS



I AM THANKFUL FOR _____

FAMILY OR FRIENDS NAME(S)

THEY IMPACT MY LIFE BY:

I APPRECIATE THE WAY THAT THEY:

I WILL SHARE MY GRATITUDE BY:

CELEBRATE

the every day

It's important to appreciate the "small things" around us. Notice the details. There is a simplistic beauty in the things we encounter on a daily basis. Take a moment to note some of these things you encounter... a favorite song on the radio, a great pair of cozy socks...

TAKE TIME

AT HOME:

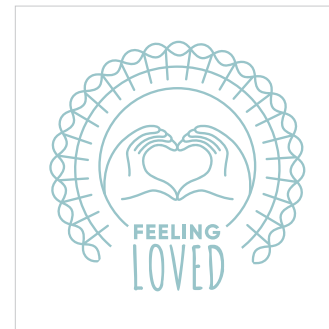
IN THE CAR:

AT WORK/SCHOOL:

It's easy to get busy and forget to make time for gratitude. Good news! It doesn't take long to be thankful... just a brief moment in your day is enough to acknowledge the people and things that you appreciate.

CUT OUT THESE STAMPS

on the other page as easy little reminders.
Hang one on your mirror.
Stick one in your car.
Share one with a friend!



TRACKING happiness

A grateful outlook has been proven to increase happiness levels.

As you focus on being grateful, use the grid above to keep track of your day-to-day feelings of happiness. Use a different color or an emoji face to represent good, ok, or bad days, and watch as your happiness increases as you live a more grateful life.

<i>month</i>	<i>date</i>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
JAN																																	
FEB																																	
MAR																																	
APR																																	
MAY																																	
JUN																																	
JUL																																	
AUG																																	
SEP																																	
OCT																																	
NOV																																	
DEC																																	



LITTLE REMINDERS

Who am I grateful for?

Mom? Teacher? Co-workers? Write down a list below and use the ideas on the right to show them how much you care!



How do I show my gratitude?

SAY IT

I appreciate what you did.
Thank you for thinking of me.
Thank you for your time today.
I value and respect your opinion.
I am so thankful for what you did.
I wanted to take the time to thank you.
I really appreciate your help. Thank you.
Your kind words warmed my heart.

SHOW IT

Write a thank you note
Buy or make a card / gift
Give a high five / hug
Help do chores
Make food
Do a favor / act of kindness
Encourage them
Listen to them
Spend time with them
Make a phone call
Send a text
Go for a visit

Always look for the *silver lining*

Life doesn't always go our way.

When something challenging happens, it's important to look for the positive side, and **focus on what to be grateful for.**

Many important people in history have demonstrated how they seek out a silver lining. Read some of the ways these individuals put a positive spin on their challenges.

WHAT HAVE YOU ACCOMPLISHED TODAY?

"OUR GREATEST WEAKNESS LIES IN GIVING UP. THE MOST CERTAIN WAY TO SUCCEED IS ALWAYS TO TRY JUST ONE MORE TIME."

-Thomas Jefferson



DON'T BE AFRAID TO TRY.

"A PERSON WHO NEVER MADE A MISTAKE NEVER TRIED ANYTHING NEW."

-Albert Einstein



THINK OF A TIME WHEN YOU WERE THE "AIRPLANE."

"WHEN EVERYTHING SEEMS TO BE GOING AGAINST YOU, REMEMBER THAT THE AIRPLANE TAKES OFF AGAINST THE WIND, NOT WITH IT."

Henry Ford



12 WEEKS OF GRATITUDE

every day

Take time at least once a day to make note of something you're grateful for... try it for 12 weeks so it becomes part of your routine.

WEEK ONE

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____
- 06 _____
- 07 _____

WEEK THREE

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____
- 06 _____
- 07 _____

WEEK TWO

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____
- 06 _____
- 07 _____

WEEK FOUR

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____
- 06 _____
- 07 _____

12 WEEKS OF GRATITUDE

WEEK FIVE

01

02

03

04

05

06

07

WEEK SIX

01

02

03

04

05

06

07

WEEK SEVEN

01

02

03

04

05

06

07

WEEK EIGHT

01

02

03

04

05

06

07

12 WEEKS OF GRATITUDE

WEEK NINE

01

02

03

04

05

06

07

WEEK ELEVEN

01

02

03

04

05

06

07

WEEK TEN

01

02

03

04

05

06

07

WEEK TWELVE

01

02

03

04

05

06

07



www.amfam.com / dreambank
608.286.3150



DREAMBANK @ SPARK

821 East Washington Avenue
Madison, WI 53703
608.286.3150
DreamBank@amfam.com

HOURS OF INSPIRATION

Monday – Thursday: 8:00 am – 8:00 pm
Friday: 8:00 am – 5:00 pm
Saturday: 9:00 am – 4:00 pm
Sunday: Closed