

## Gratitude Journal Going Deeper

Gratitude is one gift we can give to ourselves to help us move along on the journey of healing our heart, mind, body and spirit.

Sometimes it is difficult to find anything to be thankful for. It may sound impossible. To help you with making an attempt at developing an attitude of gratitude, please take a few minutes during the day or at the end of the day, to write down something, some situation or someone you are grateful for today.

It is a tool for you to use to learn about yourself. Take it home. Use the worksheet whenever you want a lift, to find something good. When you also answer the questions to you begin to understand yourself better and to find ways to increase your gratitude.

Try to write down three things each day. For each thing that you wrote, answer the questions with what you think and how you feel as you write them.

|   |   |
|---|---|
| <b>1. Today I am grateful for:</b>          | What allowed this to happen?                            |
| What part did I play in making this happen? | What can I do to bring more of this thing into my life? |
| What do I think about this thing?           | How does this thing make me feel?                       |
| <b>2. Today I am grateful for:</b>          | What allowed this to happen?                            |

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|   |   |
|---|---|
| What part did I play in making this happen? | What can I do to bring more of this thing into my life? |
| What do I think about this thing?           | What can I do to bring more of this thing into my life? |
| <b>3. Today I am grateful for:</b>          | How does this thing make me feel?                       |
| What part did I play in making this happen? | What can I do to bring more of this thing into my life? |
| What do I think about this thing?           | How does this thing make me feel?                       |

How do I feel about doing this exercise today?

How do I feel now that I have done this exercise today?