### 2024 GRATITUDE JOURNAL





Gratitude:
A feeling or
expression of
thankfulness and
appreciation.



### Benefits of Cratitude

- 1. Gratitude is thought to be an essential part of prosocial behavior (Kini et al., 2016).
- 2. Both expressing and experiencing gratitude are linked with happiness and other positive outcomes (Bono, Emmons, & McCullough, 2004).
- 3. Some have suggested that gratitude interventions are more effective at increasing well-being than other interventions (Davis et al., 2016). That's because we're more likely to stick to a gratitude practice making it a useful strategy for boosting well-being in the context of our real lives.
  - 4. Gratitude journaling, in particular, is thought to boost well-being (Seligman, Steen, Park, & Peterson, 2005).

### Gratitude Best Practices

- 1. If posting gratitude on social media, focus your gratitude on other people-how you're grateful for their positive qualities, actions, or experiences you shared together.
- 2. When expressing gratitude to someone else, try to focus on their positive qualities and actions more than how they made you feel.
  - 3. When writing in your gratitude journal, expand your mind to think of even the small things that you are grateful for (e.g., breathable air, water, music).
- 4. Practice gratitude as often as you can to help it grow from a practice into a habit.



### Sometimes gratitude can be challenging.

When we are struggling through difficult times cultivating gratitude can be difficult.

Practicing gratitude can change our mentality towards gratitude.

Starting small can help.

Try replacing the concept of gratitude with what seems like a gift in the moment. Examples include a gentle breeze, the sight of a bird flying bye or the warmth of the sunshine on your face.



### I am grateful for these positive qualities in my friends & family

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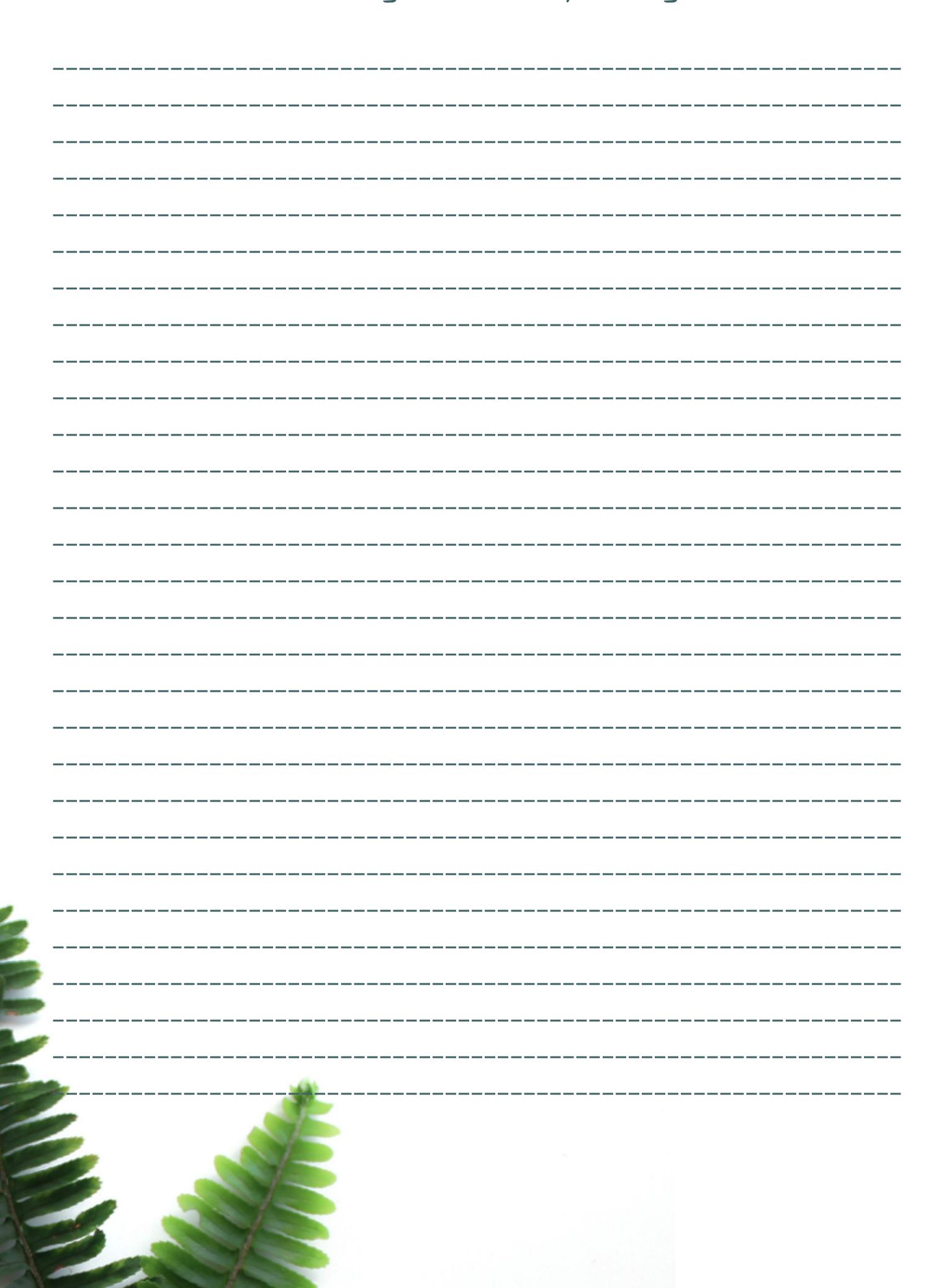
### I am grateful for these things

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### I am grateful for these things in nature

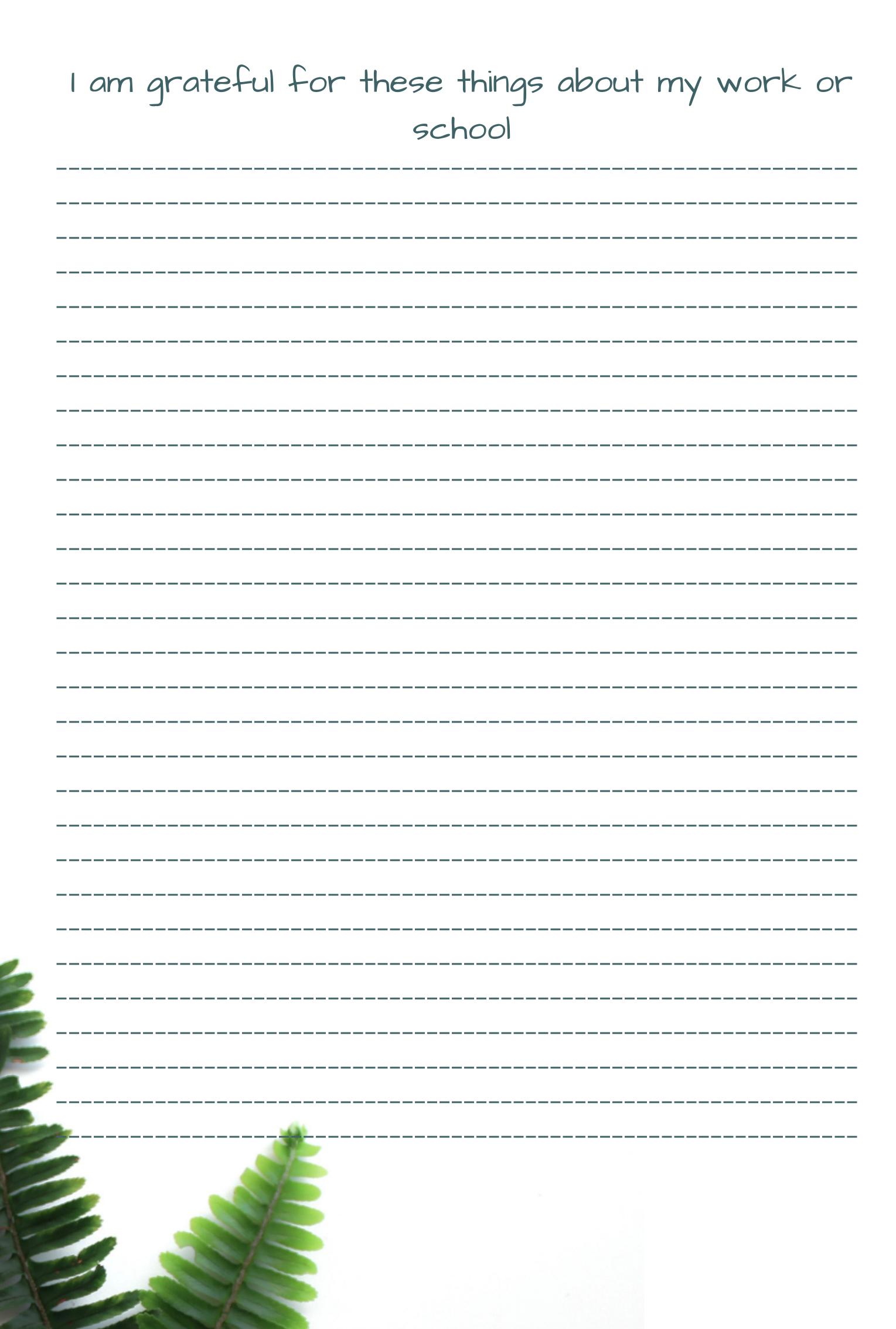
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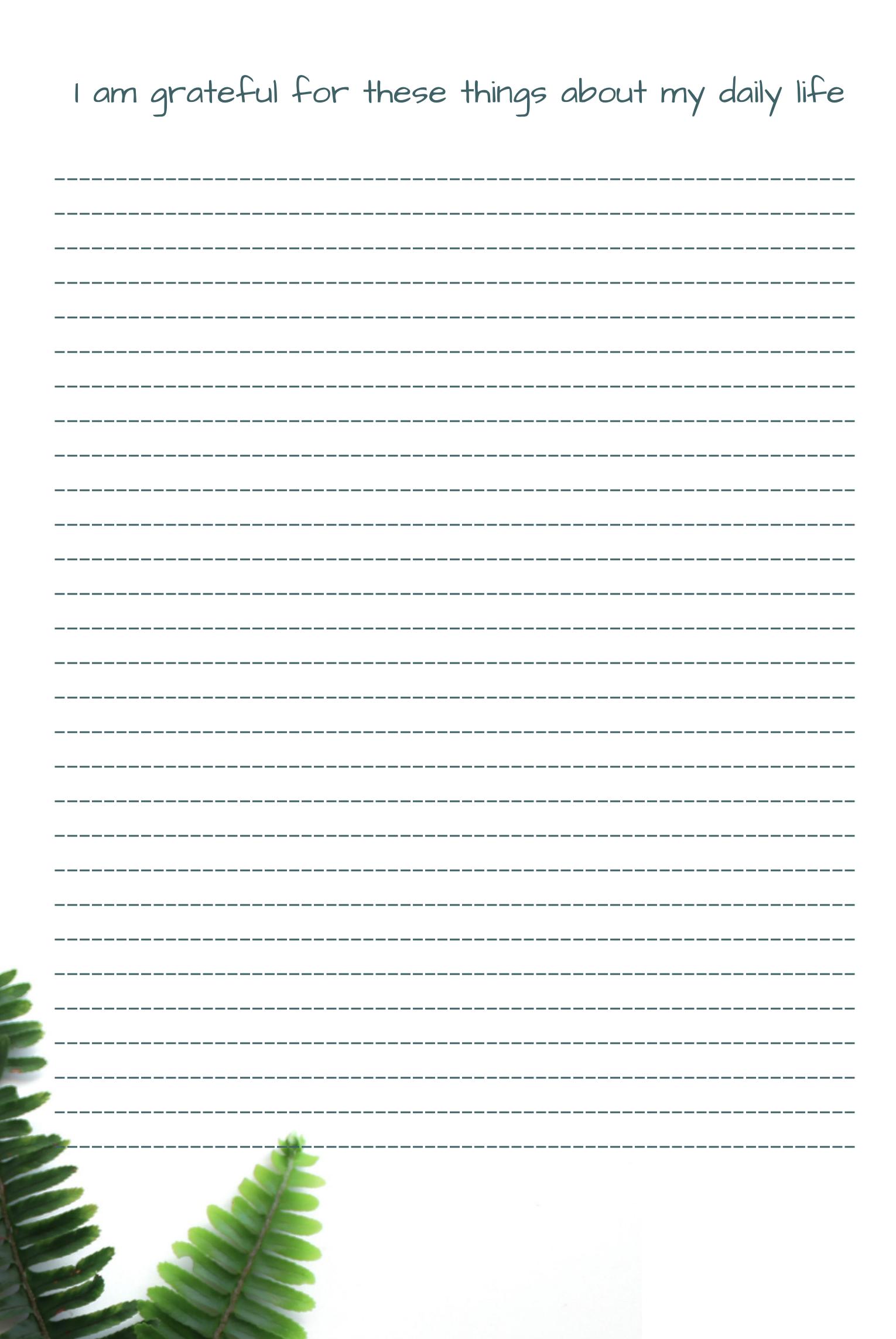
### These things make my life great



### I am grateful for these memories

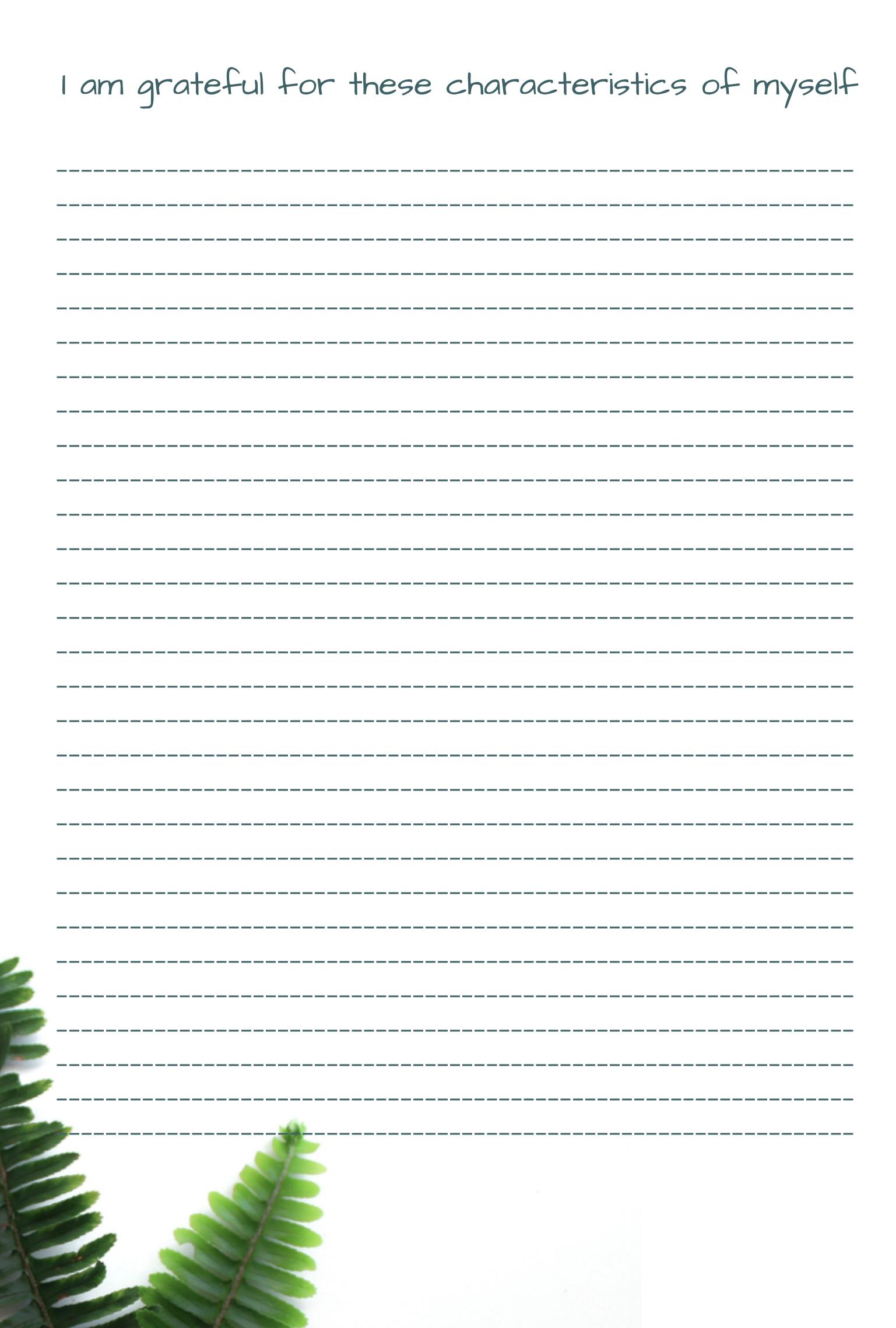
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### I am grateful for these hobbies

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### I am grateful for these characteristics of my friends

### I am grateful for these characteristics of my family

### I am grateful for these simple pleasures

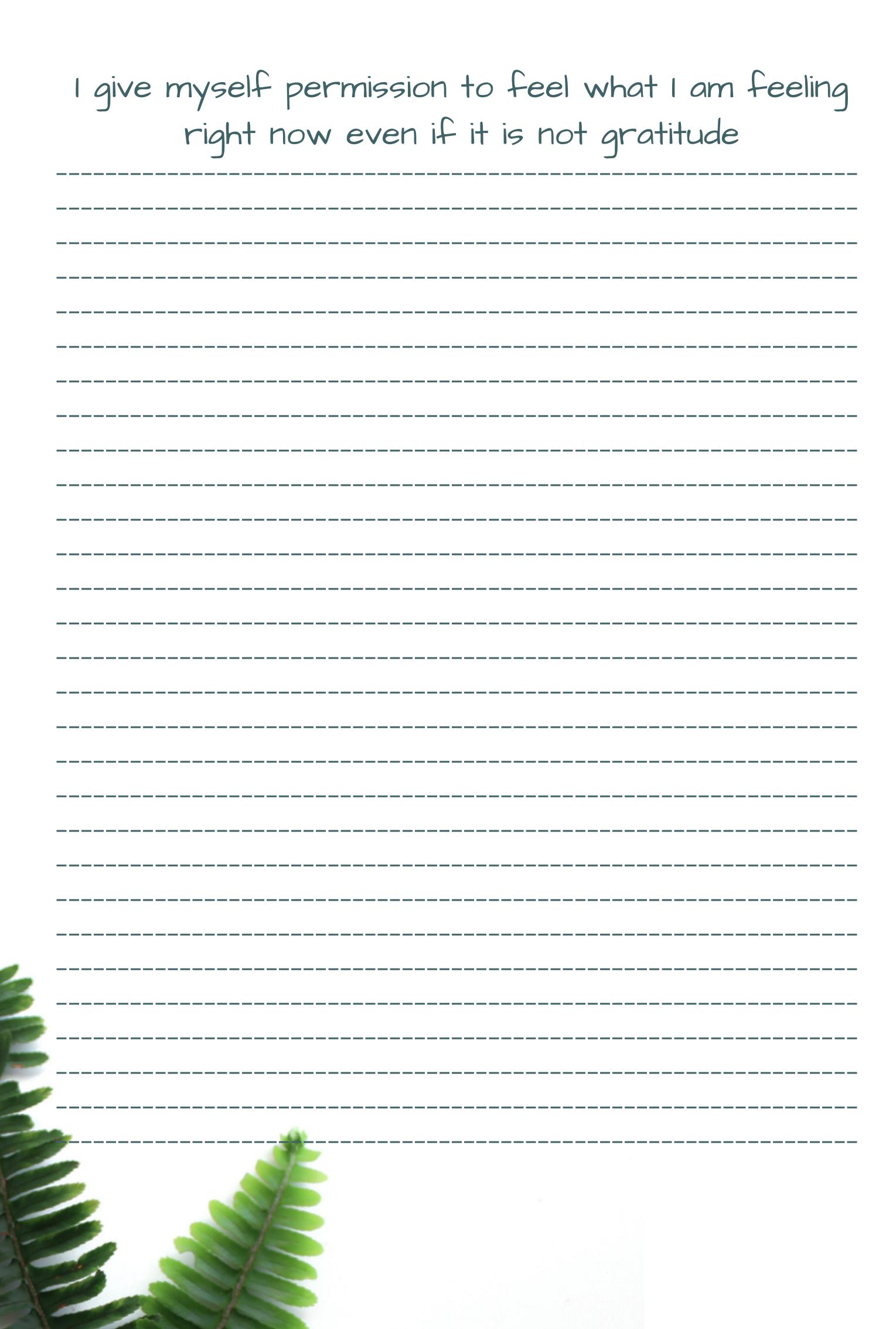


# I am grateful for not having to endure these hardships

# I am grateful for this support that I received

### I am grateful for these activities

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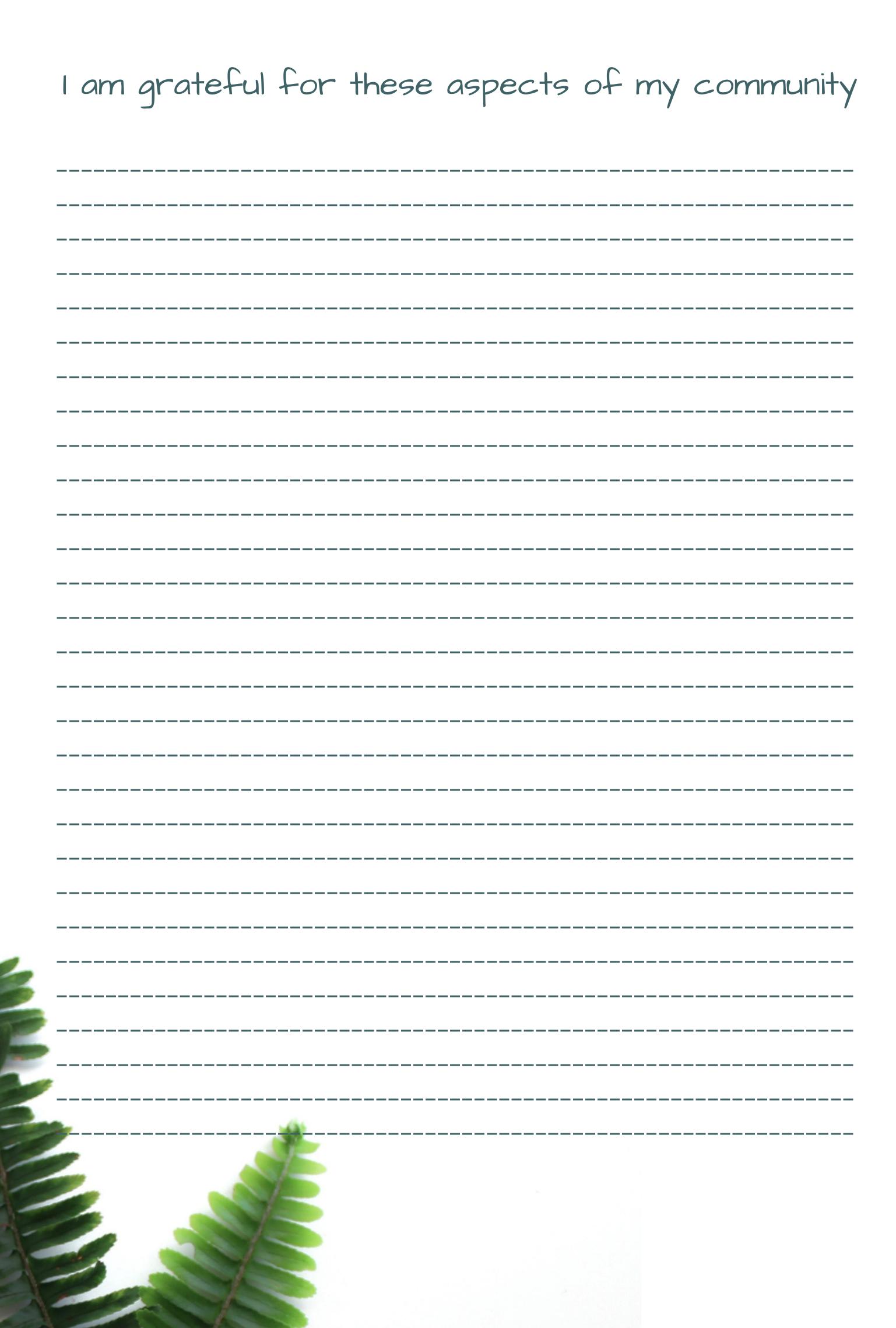


# I am grateful for these objects or belongings

### I am grateful for these opportunities

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# I am grateful to have learned these things



# I am grateful to have experienced these things

# I am grateful for these aspects of my world

### I am grateful for these foods

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### I am grateful for these thoughts

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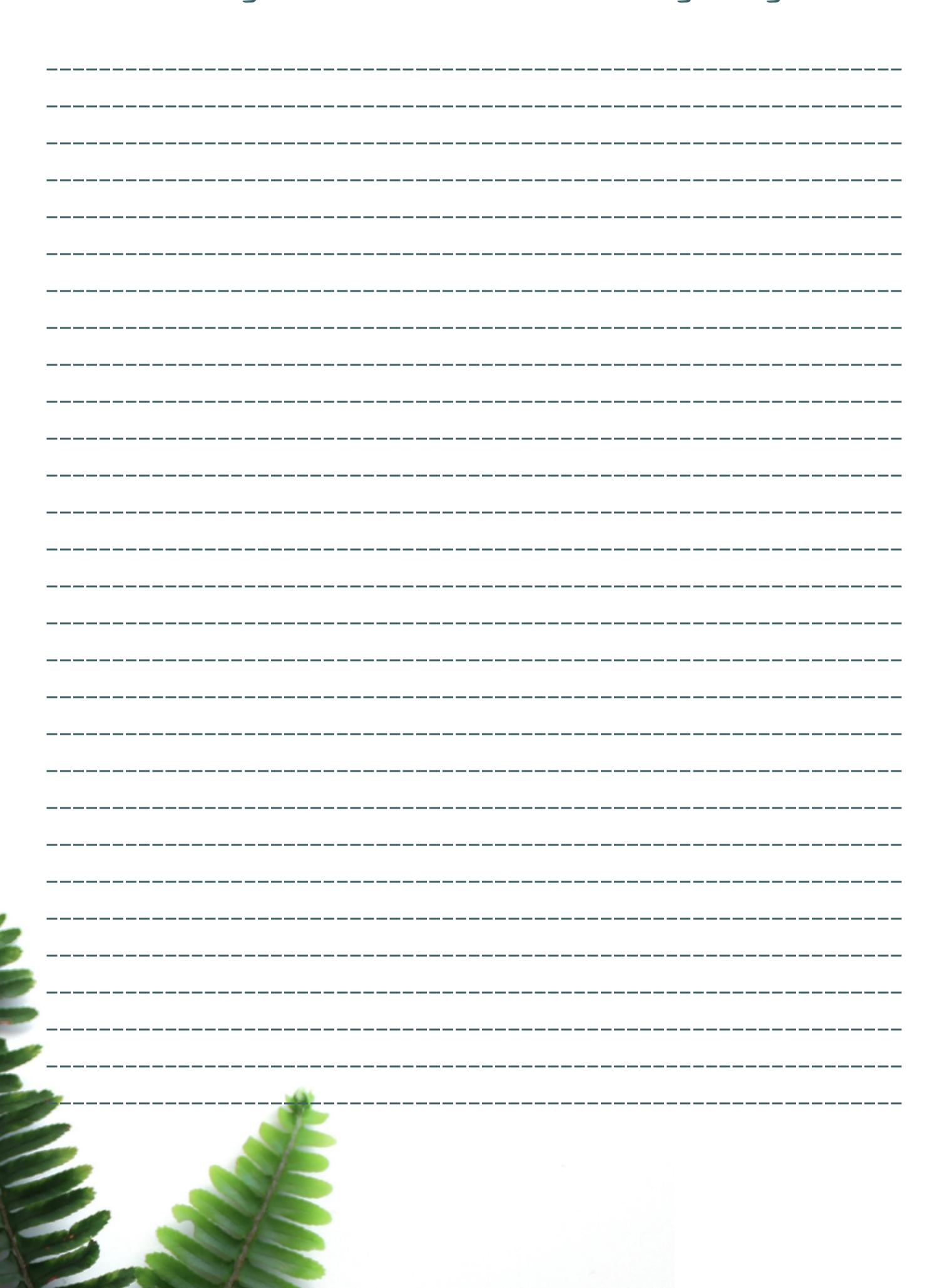
### I am grateful for these funny things

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### I am grateful for these calming things

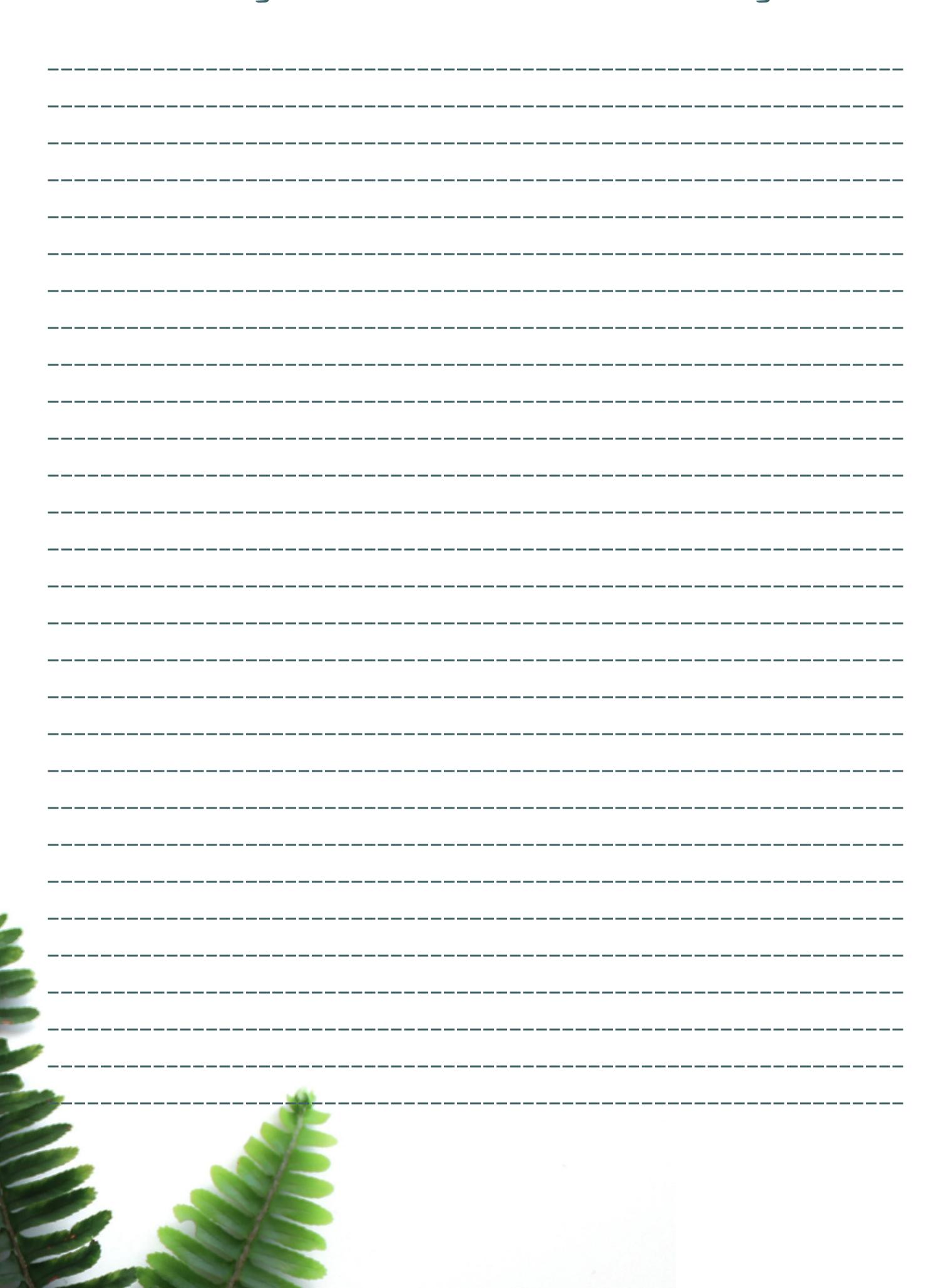


### I am grateful for these exciting things



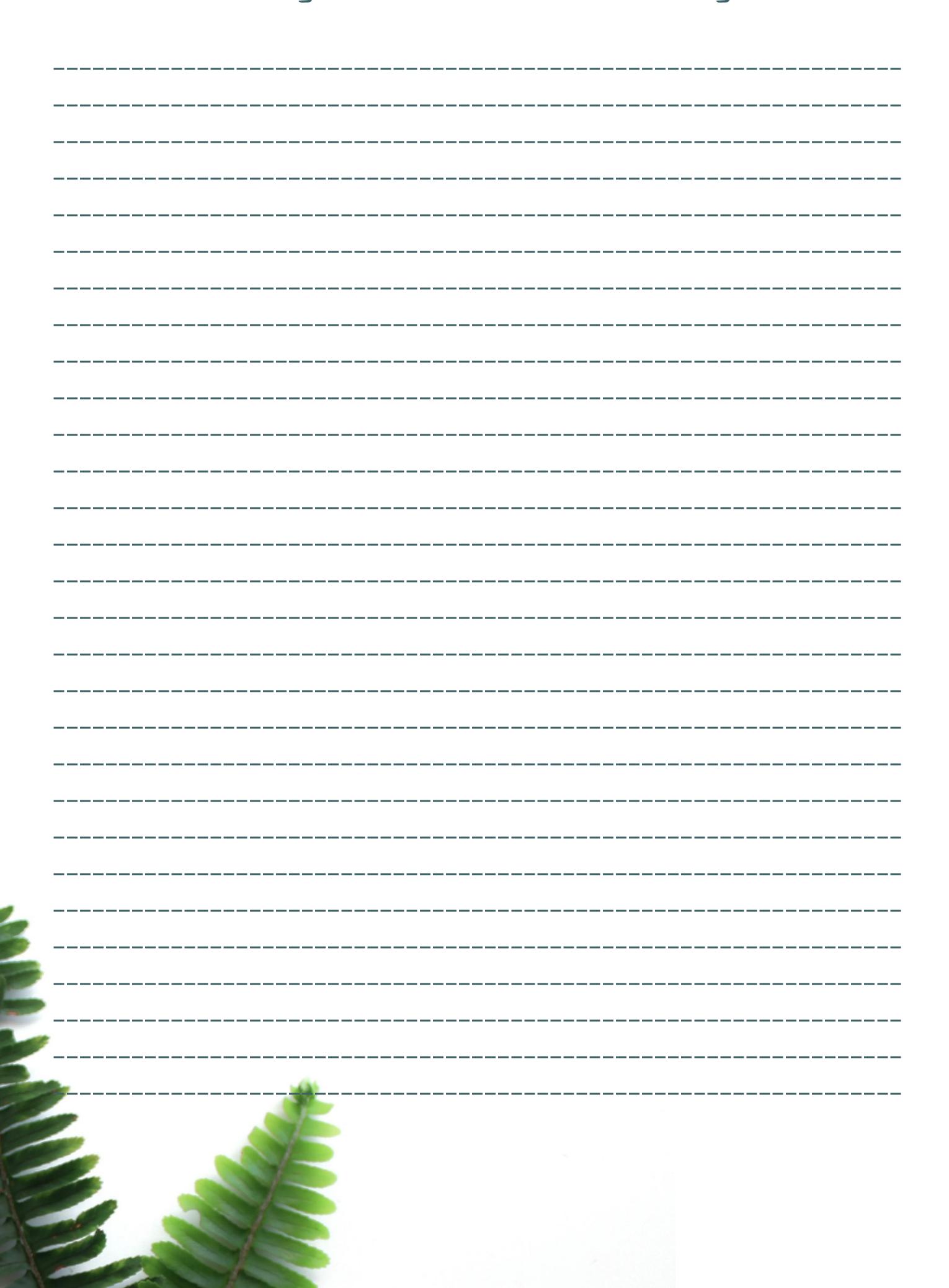
# I am grateful for these musicians or bands

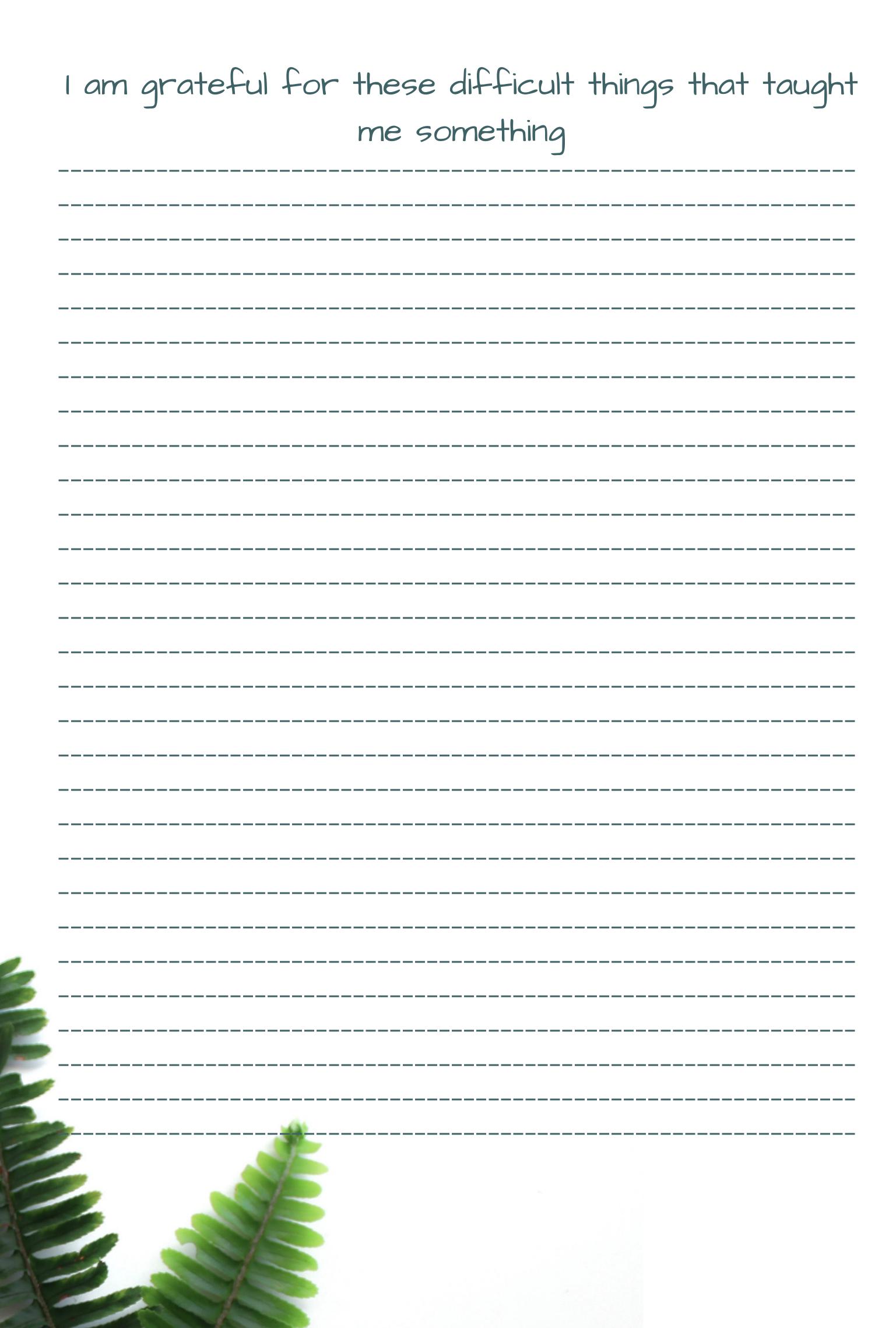
### I am grateful for these unique things





### I am grateful for these feelings

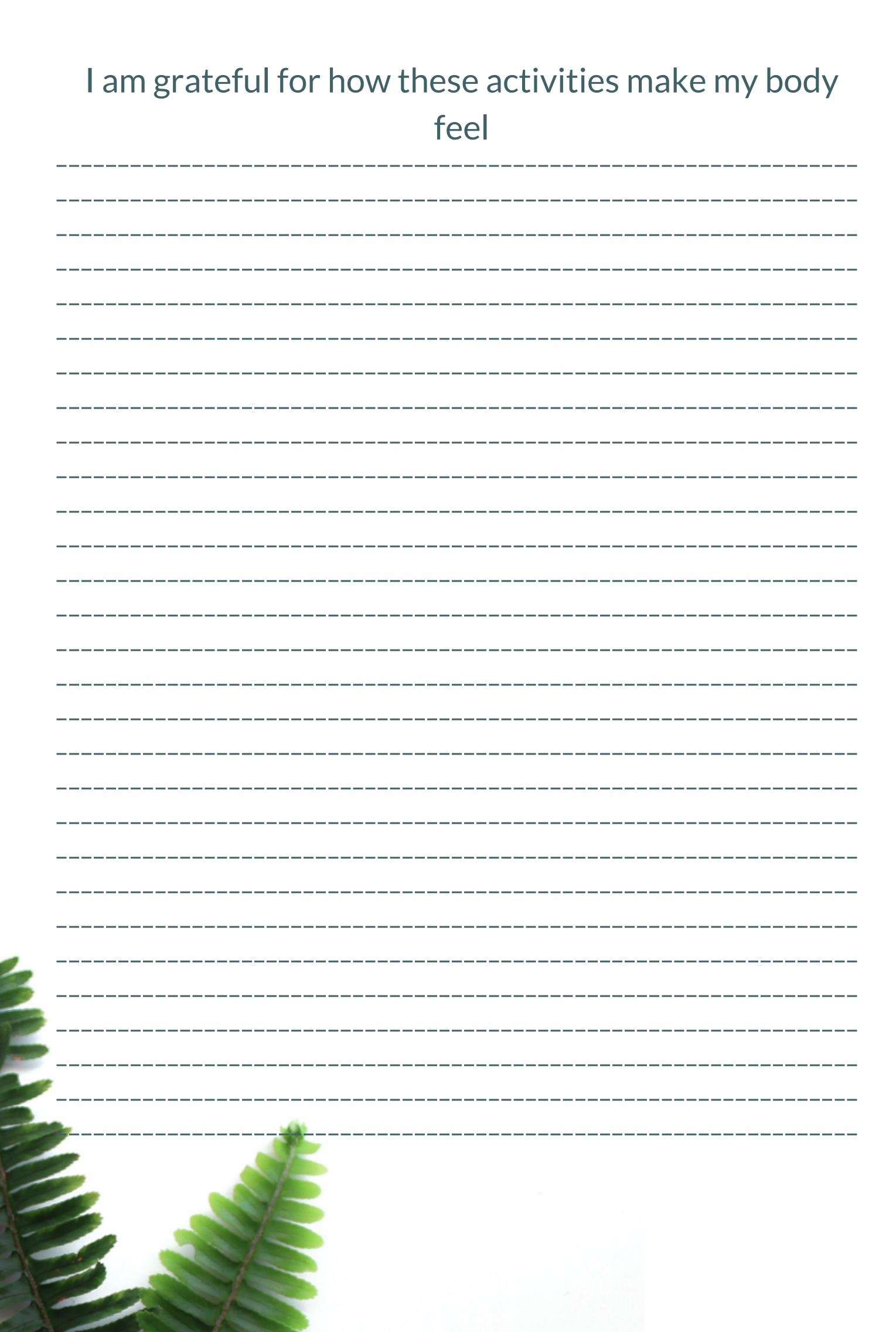


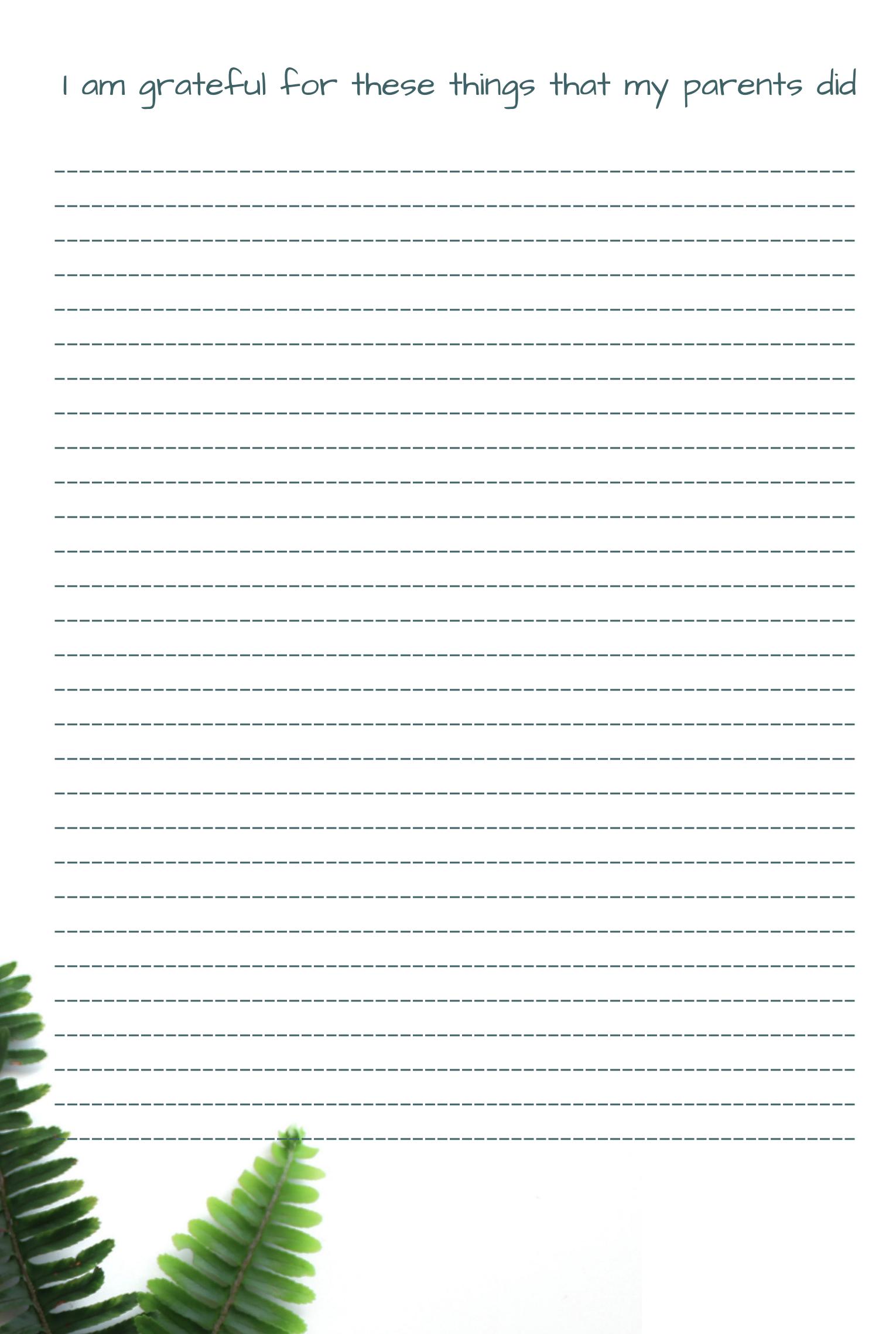


### I am grateful that I made these decisions

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### I am grateful for the time I spent with these people

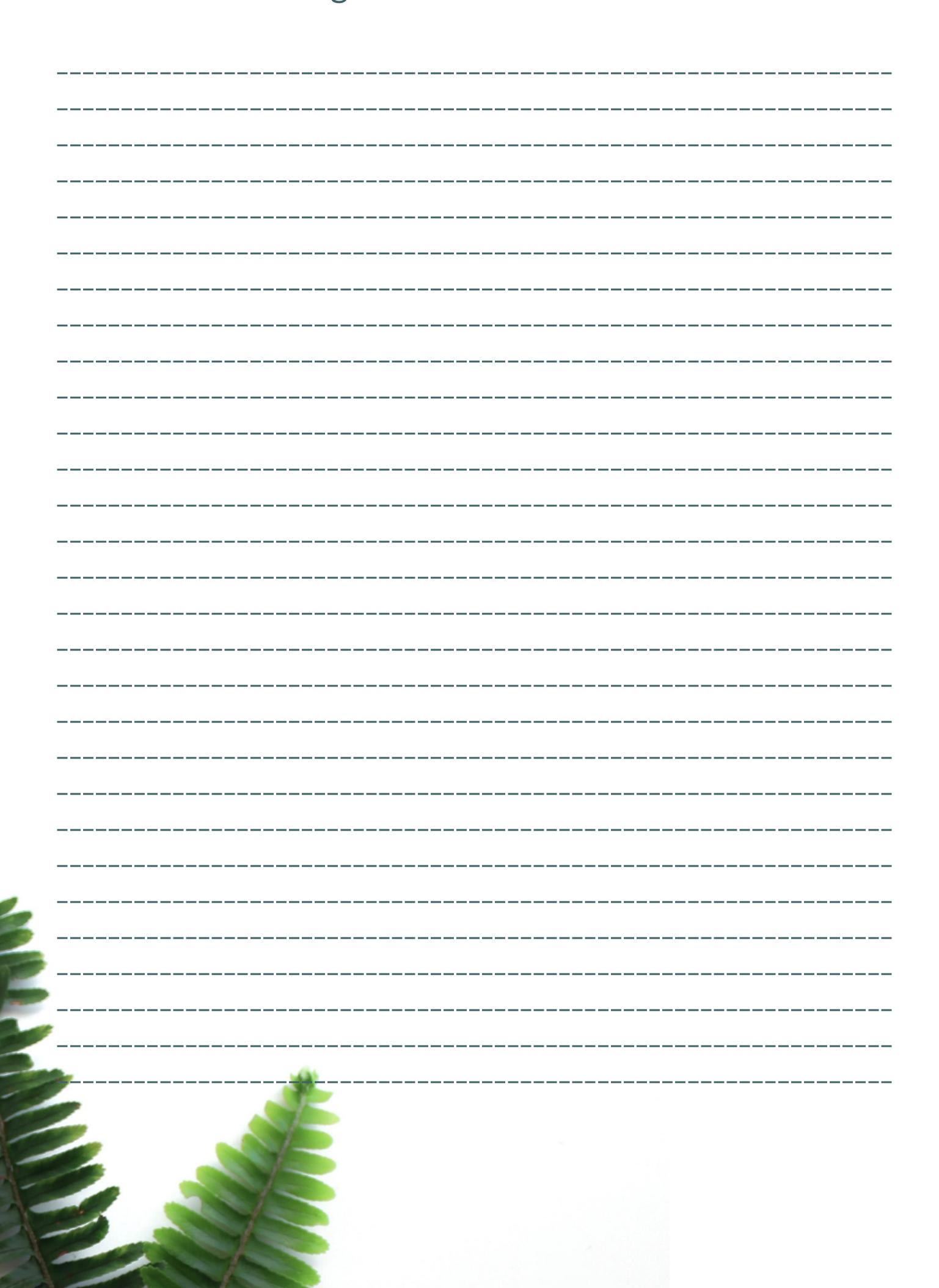




### I am grateful for these treats

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### I am grateful for these smells

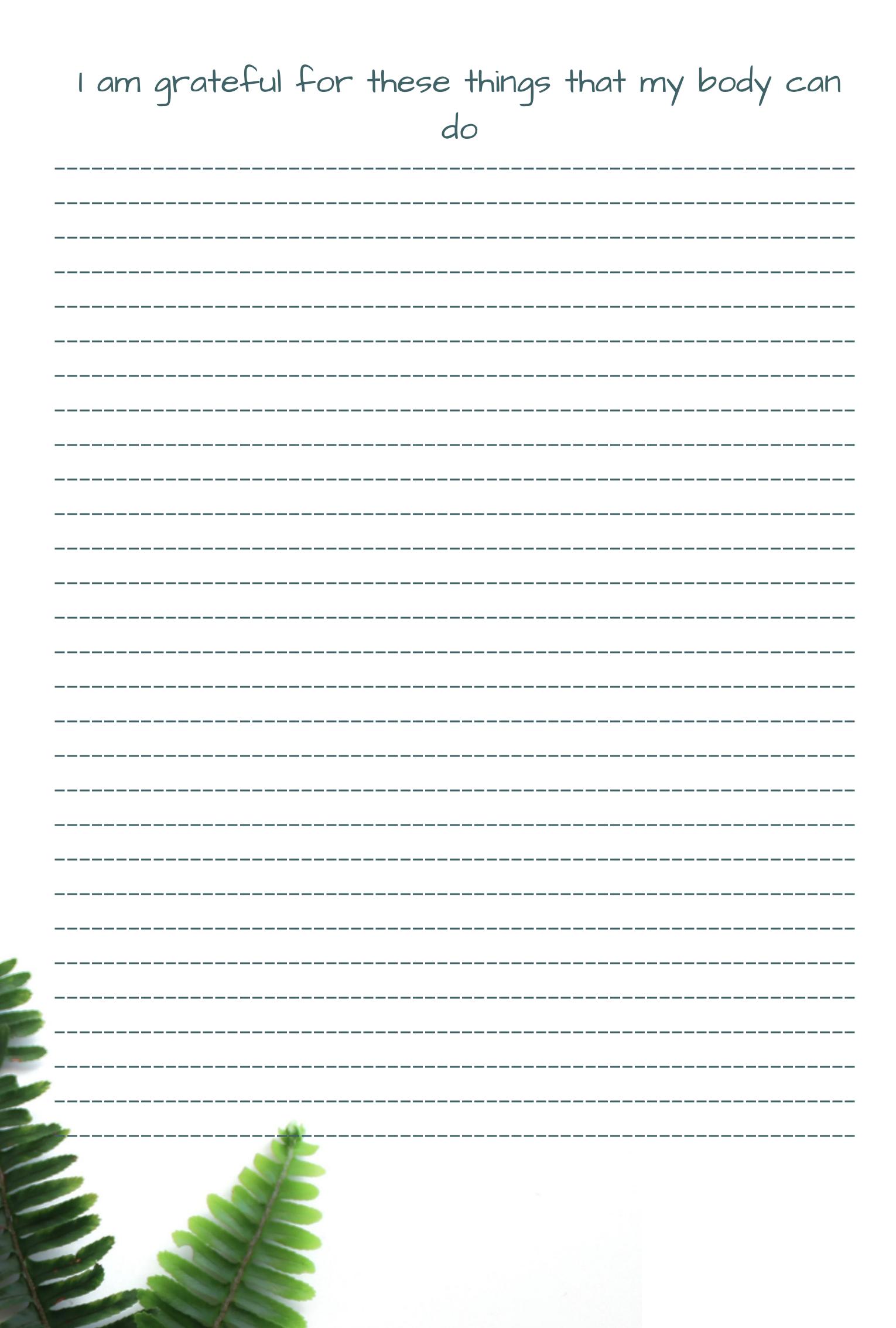


### I am grateful for these people

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### I am grateful for.....





### I am grateful for these sensations

# I am grateful for my ability to do these things

# I am grateful for these totally random things

# I am grateful for these things in my life today

# I am grateful for these aspects of being alive

### We're greatful!

To our clients, partners and staff, we sincerely appreciate your confidence and loyalty.

