Gratitude Journal

"Gratitude
unlocks the fullness
of life.
It turns what we have
into enough and
more.
It turns
denial into
acceptance,
chaos to order,
confusion to clarity.
It can turn a meal
into a feast,
a house into a home,
a stranger into a
friend."

-Melody Beattie

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LIFE COACHING

Journaling Tips

- Focus on the depth of your entries, rather than focusing on the length. Go into as much detail as possible to why you are grateful and avoid simply generating a list.
- Be intentional. Writing in your gratitude journal is not about going through the motions, it's about being intentional about seeing all the little details in life there are to be grateful for ... and getting your mind focused on those things.
- Don't force yourself to make an entry if you aren't ready.
- Don't feel you have to over-do it. Many believe you have to write in your gratitude journal every day. Make a habit of writing in your journal one to two times a week.
- Think about subtractions. How would life be without certain things or people in your life? This will give you a new perspective of what you really have to be grateful for.
- Savor surprises.
- Get personal with your entries. Often, when you find yourself grateful for one thing, you will create a chain reaction in your mind of everything and everyone else connected that you are also grateful for.
- Think on things you are grateful for as gifts. If you were to wake up tomorrow and ONLY have the things you were grateful for today ... what gifts would you have in your life?

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I AM GRATEFUL FOR NATURAL RESOURCES (WATER, FOOD, CLEAN AIR, SUNLIGHT)

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I AM GRATEFUL FOR MODERN COMFORTS

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I AM GRATEFUL FOR A LEISURE ACTIVITY

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I AM GRATEFUL MY BODY IS CAPABLE OF (WALKING, EXERCISING, MAINTAINING BALANCE AND POSURE, RECOVERING FROM ILLNESS)

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I AM GRATEFUL MY BRAIN IS CAPABLE OF (THINKING, BEING INTELLIGENT, BEING CURIOUS, HAVING AN IMAGINATION, LEARNING NEW THINGS, TALKING, COORDINATING BODY MOVEMENT)

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I AM GRATEFUL FOR BASIC RIGHTS (FREEDOM, CIVIL LIBERTIES, EDUCATION, EXPRESSION OF THOUGHT, THE RIGHT TO VOTE)

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I AM GRATEFUL FOR SOMETHING SOMEONE DID TO HELP ME OR MAKE ME FEEL MORE SECURE

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I AM GRATEFUL FOR COMPONENTS OF MY WORK (CO-WORKERS OR BOSS, BENEFITS, INCOME, IMPACT I AM ABLE TO MAKE IN THE LIVES OF OTHERS)

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I AM GRATEFUL TO HAVE CERTAIN PEOPLE IN MY LIFE BECAUSE ...

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I AM GRATEFUL FOR MY PET BECAUSE ...

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I AM GRATEFUL FOR A CERTAIN EXPERIENCE BECAUSE ...

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I AM GRATEFUL FOR SMALL THINGS ... TODAY THE SMALL THING I AM GRATEFUL FOR IS ...

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Are you tired of struggling, striving and feeling stressed? Is the life you are living different than what you long for? Do your days feel like pouring water on sand? You know there is more to life. You know something is missing. You have searched and still feel ... stuck.

Friend, YOU were created by God to flourish, prosper, and succeed in every area of your life! You don't have to struggle any longer. You are seen, known, and loved by the God who created you for a purpose. As you embrace your value and worth through God's love you can flourish and walk in the freedom God intends for you.

Let go of what's holding you back.

Book your Create a Life You Love Strategy Session today to learn more about how to find clarity, confidence, and purpose in your life!

Jen Stone-Sexton

SCHEDULE YOUR FREE DISCOVERY CALL TODAY

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