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This workbook/journal has been designed to help make Self-Reflection and Gratitude a normal part of your routine!

The first section are exercises that will help open you up to realize the potential of inviting gratitude and reflection into your life.

The second section is a weekly journal that includes questions and prompts that you can use to ensure you stick to the routine.

The Gratitude & Reflection Primer

The first steps you should take to help make reflection and
gratitude part of your daily routine

This section of this journal is designed to help you prepare for a self-reflection and gratitude routine. The first few questions and exercises are designed to get you ready to make this routine a daily event.

They will get you used to the concept by providing some high-level exercises that will give you first hand experience in the power of gratitude and self-reflection.

These first exercises are important to complete before you move onto the daily journal.

Whenever you have some quiet time, feel free to jump in right away.

The Gratitude Letter

For this exercise, the goal is to write a letter to someone explaining that you are grateful to them. It can be for a specific action they took to help you, or it can be general appreciation.

Letter Recipient: _____

Reason You Chose Them: _____

The Letter: *(use the space required to write the first draft of your letter)*

Balancing Your Complaints

In this section you will take some time to reflect about some of the complaints you have in your life. We all have them. It might not be the most enjoyable task but sometimes self-reflection can be painful.

Take some time now to list your complaints, you can be as descriptive as you want. If you don't have enough room, then feel free to use your own notebook.

We have included an example in the first spot.

1. *ex. I wish I made more money*

2.

3.

4.

5.

6.

7.

8.

9.

10.

The second part of this exercise will be much more enjoyable, take some time to think about things you are grateful for that balance out your complaints. The idea here is to think of things that directly correlate to the complaint.

Again an example will be provided in the first spot. Note how the example relates to the complaint example.

1. *ex. I make more money than I ever have before, and my job is secure*

2.

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This exercise will help you keep things in perspective. You will be forced to reflect on your complaints which can be challenging, but this will help you realize what issues you need to face. The gratitude step that follows will ideally balance out your complaints and illustrate that as bad as things may seem, they certainly aren't hopeless.

Things You Take For Granted

Similar to the past section, this exercise is designed to make you reflect and then balance that out with gratitude.

The idea here is to list a few things that you take for granted. These are good things in your life, that you may not be actively thankful for everyday but are vitally important to your happiness and well-being.

Things like the place you live, your friends, your job and/or your health. Obviously these might not all be true for you, but they are just examples to get you thinking. At the end of the day, only you will know what you take for granted.

Once you list a few things you take for granted, take some time to think about what your life would be like without it. After that (and this part is the key) think about how grateful you would feel to get all those things back. Examples will be included below.

Something You Take for Granted: *ex. Having an apartment in a safe neighborhood*

How Would You Feel Without It?: *ex. I would feel lost and worried about where I would sleep and store my stuff*

How Would You Feel Getting It Back?: *ex. I would be thrilled to have somewhere to stay again, it would be such a relief to not worry about where I was going to sleep and stay.*

Something You Take for Granted: _____

How Would You Feel Without It?: _____

How Would You Feel Getting It Back?: _____

Something You Take for Granted: _____

How Would You Feel Without It?: _____

How Would You Feel Getting It Back?: _____

Something You Take for Granted: _____

How Would You Feel Without It?: _____

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How Would You Feel Getting It Back?: _____

Something You Take for Granted: _____

How Would You Feel Without It?: _____

How Would You Feel Getting It Back?: _____

This exercise is designed to remind you that the things you take for granted are actually very important and you should feel grateful for them. By visualizing how you would feel about losing and them regaining them, you will realize how lucky you actually are.

Gratitude Trigger & Partner

Sometimes remembering to be grateful (or to reflect for that matter) isn't easy. It is easy to say we are grateful, but to actually take the time to do it, is something entirely different.

This quick 2 step-exercise will help you create reminders to be grateful.

First you choose a "Gratitude Trigger". This will be an item you own (and ideally love) or a feeling/sensation that is important to you (*ex. Someone who was bed ridden for a while, may use their feet touching the ground as their trigger*). Choose something that you see or do often.

My Gratitude Trigger:

The second part of this exercise is to choose a gratitude partner. This is someone close to you that can remind you to take some time in your day to be thankful for what you have. If you are out together and something good happens, they may point out that you should feel grateful.

You will then help them in a similar way! It's a win-win for both of you.

My Gratitude Partner:

100 Things You Are Grateful For

(or would be grateful to receive in future)

This exercise may seem simple, but I can almost guaranteed you will struggle with it. And honestly, that is partly the point.

The process is simple; just think of 100 things you are grateful for (or would be grateful to have some day).

This act will open your mind to the staggering amount of things there are to be grateful for. It will also help you invite abundance into your life, because you will be listing things you might not have yet, but want for yourself in the future.

You may be surprised at some of the things you list; things you never thought about being grateful for, or something you never realized you actually wanted.

Don't freak out about finishing this list all in one go (you probably won't be able to). Just get through as much as possible in one sitting, and keep coming back to it as you think of more items.

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Gratitude & Reflection Journal

Weekly prompts and questions to ask yourself each and everyday.

This section is designed to help you start a regular routine of self-reflection and gratitude.

It is a “journal” for you to feel out each week. You don’t have to answer every question every week, but you should strive to.

You can use the space provided here, or you can simply use the included questions & prompts to fill out your own notebook.

Pick a day each week (ideally the same one), find a quiet spot and fill out the page.

If you enjoy keeping this journal, and are finding value from it – then I would strongly suggest you do it more often. You could try bi-weekly, or even daily if you want.

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Self-Reflection Check-In

What went well this week?

What did you struggle with this week?

What inspired you this week?

What is one thing I can do better next week?

What is an action I can take this week to propel you towards your goals?

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- 3.

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