

My Gratitude Journal

Reach out, stretch,
feel the sunlight on your face.
Enjoy the gift of life.



**RAISE resources for
Professional Wellness**



My Gratitude Week

Developing my Gratitude Attitude

I, _____, commit to filling this journal daily for **1 week with three things I am thankful for**. This is my way of shaping my perspective, choosing contentment, and learning to see the positive in the small things.

Pick your start date, the time you are going to complete your gratitude journal every day, and anchor it with a regular activity to remind yourself to complete it (e.g. break time coffee)

Start Date:	What time:	Routine Cue:
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Small Changes, Big Difference - Goals for the week

Evaluate how you did by the end of 7 days. Did you achieve everything?

☐

Practiced my breathing with Dr. Anne's video

☐

Wrote three things I'm grateful for

☐

Reflected on the daily prompt by writing a note to self

Self-reflection

What differences did you notice about how you felt, saw, and _____, experienced the world around you? Write your reflections down here

My Gratitude Diary

Here's an example to get you started. Don't overthink it!

Date	Three Things I'm Grateful For	Today's Note to Self
	<p>My dog's good morning bounce</p> <p>The moment to listen to music on the trip to work</p> <p>The salad I had for dinner</p>	Smile!

Beauty is in the eye of the beholder.

Open your eyes.



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My Gratitude Diary - Day 1

Date	Three Things I'm Grateful For	Today's Note to Self

Happiness is a practice - do it every day



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My Gratitude Diary - Day 2

Date	Three Things I'm Grateful For	Today's Note to Self

In life, always remember to smell the flowers



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My Gratitude Diary - Day 3

Date	Three Things I'm Grateful For	Today's Note to Self

Change is present in every moment - dare to be different



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My Gratitude Diary - Day 4

Date	Three Things I'm Grateful For	Today's Note to Self

Be a little bit of good you want to be in the world today

My Gratitude Diary - Day 5

Date	Three Things I'm Grateful For	Today's Note to Self

Every day starts inside of you - make it count



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My Gratitude Diary - Day 6

Date	Three Things I'm Grateful For	Today's Note to Self

There's no time like the present to take control of your life

My Gratitude Diary - Day 7

Date	Three Things I'm Grateful For	Today's Note to Self

Opening up to possibility is the first step to adventure



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Find Out More

My Freedom To Thrive is committed to helping professionals reclaim their work and personal lives by supporting them during their career journey.



We develop a range of educational informational to encourage personal, professional and organisational health.

Our belief is that when professionals have access to the right resources and the right support, they can achieve professional health and happiness.

Our aim is to help every professional and organisation learn how to prioritise well-being, nurture resilience and take personal control of wellness by simply following easy, everyday steps.

My Freedom To Thrive would like to invite you to **join us in our mission.**

Kind regards,

A handwritten signature in blue ink that reads "Dr Anne".

AFBPSS,
Chartered Psychologist



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