

30 Day

GRATITUDE JOURNAL

Forever  
Grateful



*Presented by Carol Brusegar*

**30-Day**  
*Gratitude Journal*

is presented by

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*There's Always Something to Be Thankful For*

## *Welcome to Your Gratitude Journal!*

In this 30-day journal, there will be a reflection for each day on a particular topic and an invitation for you to write about it – brief or extensive, it's up to you. This format will take you deeper on 30 topics, and you of course can add other things that come to mind. There are blank pages with great quotes at the back of the journal for that purpose. It's your journal to use as you wish!

So often these days, the negative is sensationalized and the positive is ignored. You see it in the news, in magazines and newspapers. You hear it in the grocery store, at work and even from family and friends. All this negativity can be overwhelming to the point of wearing a person down.

It can be really difficult to avoid feeding into all of it. If you're focusing on the negative rather than the positive, you are doing yourself a serious disservice. You are harming your emotional wellbeing as well as your physical body. You could be straining your relationships, hurting your career and much more.

It is my hope that by dedicating yourself to journaling for 30 days, you will find a new or renewed balance and energy. Gratitude is an emotion that comes from appreciation. It's an awareness, a thankfulness for the good things in your life, in you and in the world around you. Gratitude is a powerful thing. It can turn a negative into a positive. It can be the fuel for taking on things that are important to you with renewed energy. It can change how you feel inside. It can bring hope and happiness. It can improve your health, your relationships, your career and your ability to make a difference in the world. It can literally transform your life.

When you express gratitude, it diminishes the negativity in a powerful way. Studies show that practicing gratitude leads to:

- A feeling of optimism, joy and satisfaction.
- Less stress, anxiety and depression.
- A strengthened immune system.
- Lower blood pressure.
- The ability to bounce back quicker after a traumatic event.
- Stronger relationships.
- Feeling more connected to your community.
- Feeling less victimized by others or by life.
- Being able to recognize and appreciate what you have rather than what you don't.
- Becoming more compassionate and empathetic.
- Having a better quality and more rewarding life.

Practicing gratitude changes your perspective on life. Whether you choose to journal in the morning, or at night, or both, is up to you. Choose a time and be consistent. Spend a few minutes thinking and writing about the topic of the day. **Print this journal** and plan to participate for 30 days. May this become a habit that goes far beyond the 30 days! I believe you will experience great results.

*There's Always Something to Be Thankful For*





## Day 2: Thankful for Simple Things



These days, everywhere we go it seems we're plugged in, turned on, and firing on all 8 cylinders, all the time. But this is a recipe for burnout, and perhaps we know it in our hearts. Never before in history has a craving for simple pleasures been so strong, or so important. Take this time to write down the simple things that you already do or can do, one small thing each day, that will ground your spirit and bring you pleasure. Make a list of possibilities and write about your gratitude for these simple things.

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## Day 3: Thankful for People Who Care



Despite all the negativity that surrounds us, generally people do still care. We hear about people stepping in when there is a family or community tragedy to offer help and support, to leverage resources, or to advocate for the benefit of others. Think of at least three different examples you heard of this week where people showed that they care. Express your gratitude for the examples they provided.

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## Day 4: Thankful for Freedom of Expression



It's easy to take for granted our right to express ourselves freely. Today, reflect on the value and power of that right which can be used in so many ways. Express your gratitude for it and for examples of people using their freedom of expression for the betterment of others and for the world. Think about how you can use that freedom in ways that make a positive difference.

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## 5: Thankful for the Right to Vote



Yes, we are horribly divided in this country right now. We have different ideas about the direction of the country, and what it means to be patriotic – how to show our love for our country. Think of things for which you are grateful in this country; for most of us, the right to vote is near the top of the list. Consider how you might help assure that this right, promised to all citizens, is truly available to all. That would be a great way to demonstrate your gratitude.

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## Day 6: Thankful for the Change of Seasons



No matter where you live, changing seasons is inevitable. Think about the beauty of nature that's present in all seasons where you are. Take a sensory exploration during the different seasons – what do you see, hear, feel, smell? Give thanks for the beauty of the changing seasons, for they sustain life here on earth and uplift us as we observe and enjoy.

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## Day 7: Thankful for the Honesty of Children



Think about and write down five instances where a child you know made an impression on you with his or her honesty. It could be something funny, something profound, or simply memorable. Express your gratitude for the way children get to the heart of the issue, speak without an agenda, ask for what they want and need. We can try to recapture some of that in our lives now.

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## Day 8: Thankful for Creature Comforts



Too often we take for granted the basics that enhance our lives in ways that seem small but are actually quite significant. Heat, air conditioning, plumbing, personal transportation, electricity and all things that are powered by it. And of course the internet and all it brings us. Think of how the most recent hurricane, flood or tornado has decimated an area and destroyed those things for many. Express your gratitude for all those things we so easily take for granted.

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## Day 9: Thankful for Nutritious & Nurturing Food



Food sustains our lives. It can also be a struggle with weight and health, particularly if there are food allergies involved. So it can be complicated. In addition to the physical need that food fulfills, it is a powerful symbol of caring and connection within a family or group. In many cultures, nearly all significant events involve food, often very specific foods. Give thanks for the nutritious and nurturing aspects of food in your life and consider how to enhance them.

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## Day 10: Thankful for Simple Acts of Kindness



It doesn't take much effort at all - just a small gesture - to make or break another person's moment, or even their entire day. A smile and a greeting on the street, opening a door, giving an impromptu compliment that shows you noticed that person – simple things. Think of and express gratitude for kindnesses you offered, observed or heard about in the past week.

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## Day 11: Thankful for Nature & Natural Resources



At a time when nature is threatened by human decisions that destroy natural habitats and are major precipitators of damaging climate change, our reflections on all that nature and natural resources provide for us are vital. Think about the interrelatedness of the natural world and its fragility. Express your gratitude for air, sun, oceans, wind and how they provide life now and possibilities for future innovations that sustain in the future.

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## Day 12: Thankful for Challenges That Help Us Grow



Every day, we're challenged in our career, our relationships, our family life and our ongoing struggle to exist and thrive on this planet. When we manage to overcome challenges, problems that once seemed insurmountable are suddenly put into a new perspective. If the same thing happens again, you'll know how to handle things and what to do. Reflect on some challenges and express gratitude for how they shaped you.

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## Day 14: Thankful for Our Mentors & Role Models



Through our lives, most of us have a variety of mentors and role models. The first may have been someone in a career field you were exploring in high school or college. Others could be in your work or career, or in health or exercise areas of life or in your faith journey. Describe your gratitude for how one or more of these mentors have contributed to you over the years.

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## Day 15: Thankful for Natural Resources



We don't often think about the sources of the electric power we rely on daily – water, air sunlight and more. And yet they are at the core of so many things about our lives. Along with expressing gratitude for these sources, include the sources of renewable energy and alternate power sources that offer promise for the future.

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## Day 16: Thankful for Beautiful Music



Music is incredibly powerful. It is truly a universal language and plays an important role every culture. It also has personal impact, lulling small children to sleep, awakening memories in dementia-racked older brains, and simply soothing out frazzled minds. Express your gratitude for specific ways in which music has impacted and enriched your life.

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## Day 17: Thankful for Those Who Serve



Today, give some thought to the people who perform services that enhance our lives, teach our children, protect our families, care for our sick, and keep our world running smoothly to provide amenities and conveniences for all to enjoy and live more comfortably. Some are provided by people being paid very low wages who are nearly invisible to us. Express your gratitude for those who serve in so many ways.

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## Day 19: Thankful for Celebrations



Celebrations can be large or small, elaborate or simple. The most important thing is that they make space for a time to stop to acknowledge individuals, a group, relationships, holidays, accomplishments, and more. Think of and express your gratitude for a few of the celebrations you have experienced that have been most meaningful. Think how more of these can happen.

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## Day 21: Thankful for Special Memories



People are capturing moments via photos and videos constantly with our current technology. They sit on hard drives and online photo sites and some are shared electronically on social media sites or printed. Think of your favorite special memories – perhaps scroll through some to refresh your memory or go through photo books from your childhood. Or maybe important ones are only in your mind. Express your gratitude for those times and their importance.

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## Day 23: Thankful for Art and Culture



“Art” includes a wide range of visual, auditory and other forms of expression which we appreciate for beauty and/or an emotional message. We find it in museums, concert halls, school auditoriums, public places (murals, street artists and musicians), and of course on television, radio and electronic devices. Express your gratitude for art that has particularly affected you in a long-lasting way.

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## Day 24: Thankful for Variety & Diversity



In our society, variety and options abound. There are so many things to choose from that it is overwhelming. There's always something new, even in varieties of plants and trees – hybrids that combine features of multiple species into one. More important is the diversity of humans and their experiences, which form a brilliant mosaic of humanity. Ponder your experiences of diversity and express your gratitude for the richness you have found.

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## Day 25: Thankful for Peaceful Times, Peaceful People



What creates peaceful times and people? Some factors are respecting boundaries, promoting harmony, communicating needs, accepting responsibility, remaining flexible, and being willing to shift roles. Give thanks today for the people in your life who project a peaceful feeling from their spirit and create that for others.

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## Day 26: Thankful for Community



COMMUNITY is a word that is used in a variety of ways: geographic, gender, racial/ethnic, affinity or shared interests, etc. Think of the kinds of community you have found meaningful in your life and express your gratitude for the ways they supported, challenged, and protected you.

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## Day 27: Thankful for Your Roots



As we race through our busy lives, it's easy to forget those who have come before us. What have grandparents, aunts and uncles, even the stories of generations before them, contributed to who we are? Think of some of those people and express your gratitude for what you learned and absorbed from them or from their stories. Think too of the counties of origin of your ancestors and their journey that resulted in you being where you are.

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## Day 28: Thankful for Dancing



This is a lighter topic; enjoy thinking about what role dancing has had for you through your life. Was it an integral part of your family's activity? Was it frowned upon? Do you have special memories related to dancing? Did you take dance lessons of some kind? What experiences of dancing are you grateful for and why?

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## Day 29: Thankful for Your Senses



Our five senses – sight, hearing, touch, smell, and taste are the way we experience the world. Until there is something wrong with one of them, it is easy to take them for granted. Think of your favorite or most impactful thing experienced primarily by one of your senses, then by each of the other ones. Express your gratitude for these gifts and all they bring to your life.

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## Day 30: Thankful for Sun, Moon, Stars, Galaxies



As we wrap up this 30 Day Gratitude Challenge, let's look beyond ourselves and the world we can touch and interact with: sunrise and sunset, phases of the moon that repeat monthly, rotation of the constellations by season and the galaxies beyond our own. Ponder and express your gratitude for these things that affect us on multiple levels.

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*“If the only prayer you said in your whole life was, “thank you,” that would suffice.” ~ Meister Eckhart*



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*“If you count all your assets, you always show a profit.” ~ Robert Quille*



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*There's Always Something to Be Thankful For*

*“There are two kinds of gratitude – The sudden kind when we receive and the deeper kind when we give. -- Edward Arlington Robinson “*



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*“The struggle ends when the gratitude begins.” ~ Neale Donald Walsch*



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*There's Always Something to Be Thankful For*

*“Replace fear with gratitude, and the whole world changes.”*

*~ Terri Guillemets*



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*“If we magnify blessings as much as we magnify disappointments, we would all be much happier.” ~ John Wooden*



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*There's Always Something to Be Thankful For*

*“Gratitude is the memory of the heart.” ~ Jean Baptiste Massieu*



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*There's Always Something to Be Thankful For*



*“Some people grumble that roses have thorns. I am grateful  
that thorns have roses.” ~ Alphonse Karr*



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*“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” ~ John F. Kennedy*



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