

HOW TO TURN JUNK INTO JOY

Inspiration + Ideas to use from “the junk of life” in your gratitude journal.

PRODUCT PACKAGING

Start thinking creatively about things you use daily that bring you joy!

- Fruit + Veggie Stickers/Labels
- Labels from Favorite Drinks
- Use Images + Words from Products You Use on a Regular Basis
- Labels from Soaps, Beauty Supplies, and Personal Care Items
- Tags from New Clothes
- Wrapping Paper from Gifts

FROM THE MAILBOX

You might actually start to look forward to junk mail!

- Cut out images from advertisements
- Community Newspapers & Magazines
- Envelopes/Bills you are thankful for being paid
- Greeting cards
- Event invitations

THE PLACES YOU GO

What “paper stuff” comes from the places you visit?

- Ticket stubs
- Coffee Shop/Restaurant Receipts
- Travel Brochures
- Receipts from gas stations
- Receipts from stores and recent purchases

MORE IDEAS + INSPIRATION

- Go through your purse, wallet or backpack for paper bits from daily moments that remind you of things you are thankful for.
- Flip through old magazines or book pages for images you can cut out to place in your journal to represent feelings of gratitude.
- Leftover office, school or craft supplies can be used for making pockets or attaching new pages.
- Add texture + dimension with cardboard, cellophane, fabric scraps, etc.

GRATITUDE JOURNAL PROMPTS

Use these ideas for images + words to include in the pages of your gratitude journal.

- Something that made you smile today
- Something funny that made you laugh
- Your favorite thing when you wake up in the morning
- Something you are good at doing
- What did you enjoy the most today?
- A favorite place you like to visit
- An act of kindness someone showed you
- A book you are grateful for reading
- What weather are you grateful for today?
- Modern inventions you are thankful for
- Something you take for granted
- Favorite things you like about your job or work
- Something you learned about recently
- Someone who made a positive difference in your life
- A favorite activity you enjoy doing
- Day of the week - What's your favorite thing about Mondays {...or do you like Fridays more?}
- Favorite websites you are grateful for
- Something that makes your life easier
- A favorite food you enjoy
- Something you use every single day
- Something in nature
- Something you wear that makes you feel good {clothes, jewelry, makeup, etc.}
- Something that keeps you warm
- Something that helps you relax
- A favorite song you love
- Transportation - what are you grateful for about the things that help you travel?
- A recent "small success" - from getting out of bed in the morning to remembering to do something you might usually forget
- Something that cheers you up on a rough day
- Basic skills you learned as a child - how to tie your shoes or how to read/write
- Technology you use every single day
- Something that helps keep you healthy
- Someone who inspires you
- Something that was a wish come true
- Favorite things about this season {winter, spring, summer, fall}
- Holidays you are thankful for
- What you are grateful about your home
- A difficult experience that you learned from
- A good experience with customer service somewhere
- The best thing that happened this week
- A favorite quote or saying that makes you happy
- Something you were putting off but finally did anyways

GRATITUDE: GOOD STUFF

This is a wonderful day. I've never seen this one before. – *Maya Angelou*

“Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything it is.” – Mandy Hale

what do you Love?
{do more of that!}

what i love about _____ :

Why I Am Thankful Today:

#gratitude



It's the little things that make life BIG.

♥ REMEMBER THIS MOMENT

Joy is not in things; it is in us.
~Richard Wagner

thankful

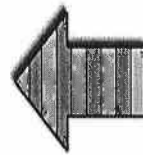
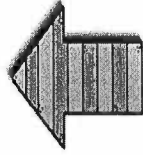
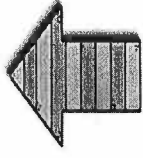
the “good stuff of life”
is not so much the “stuff”
but what we make of it

*sometimes we find the most joy
in the most unexpected places*

Thought

How I Can Challenge Thought

New (Rational) Thought

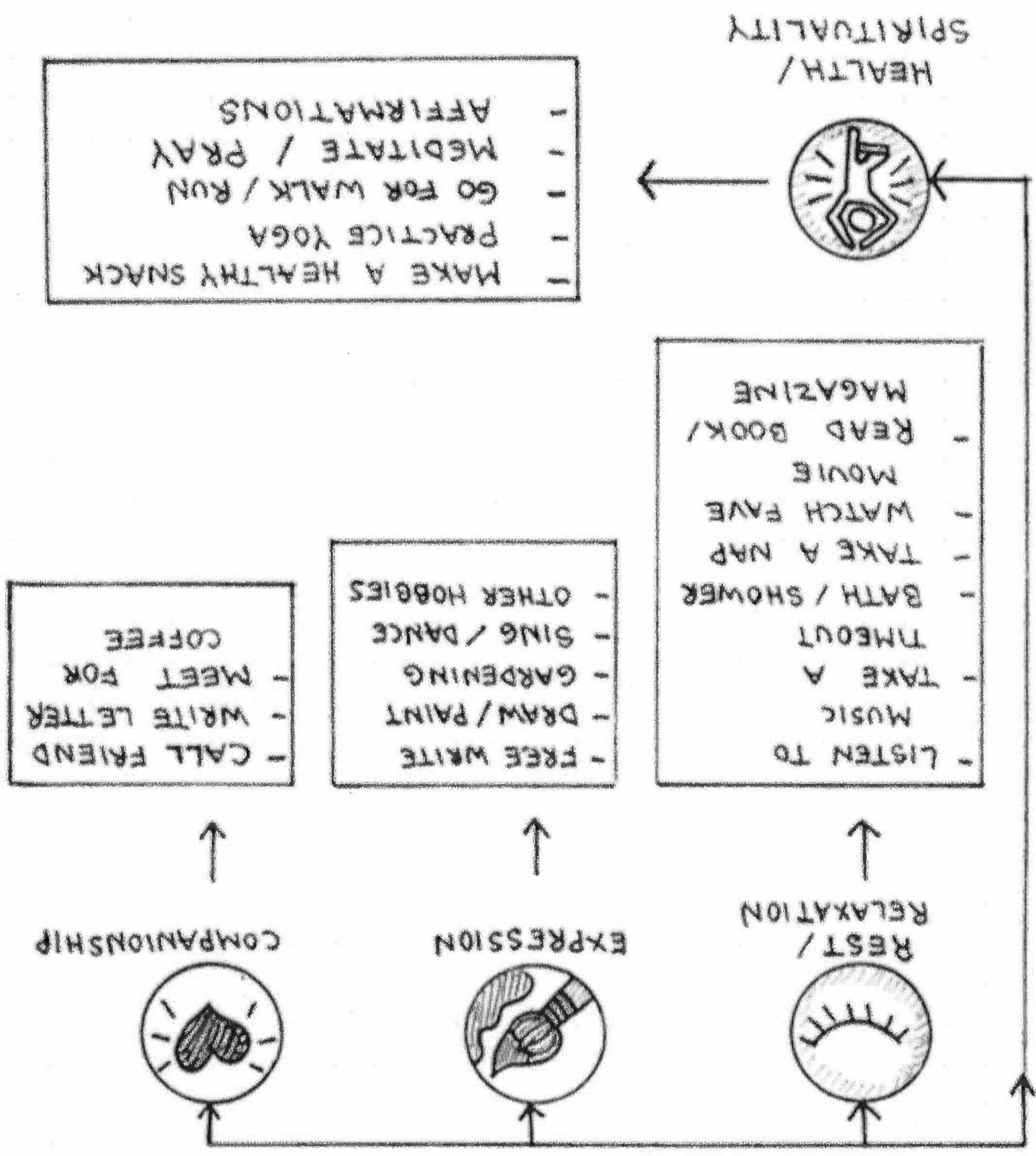


Emotion

Coping Skill

30 MIN self-care

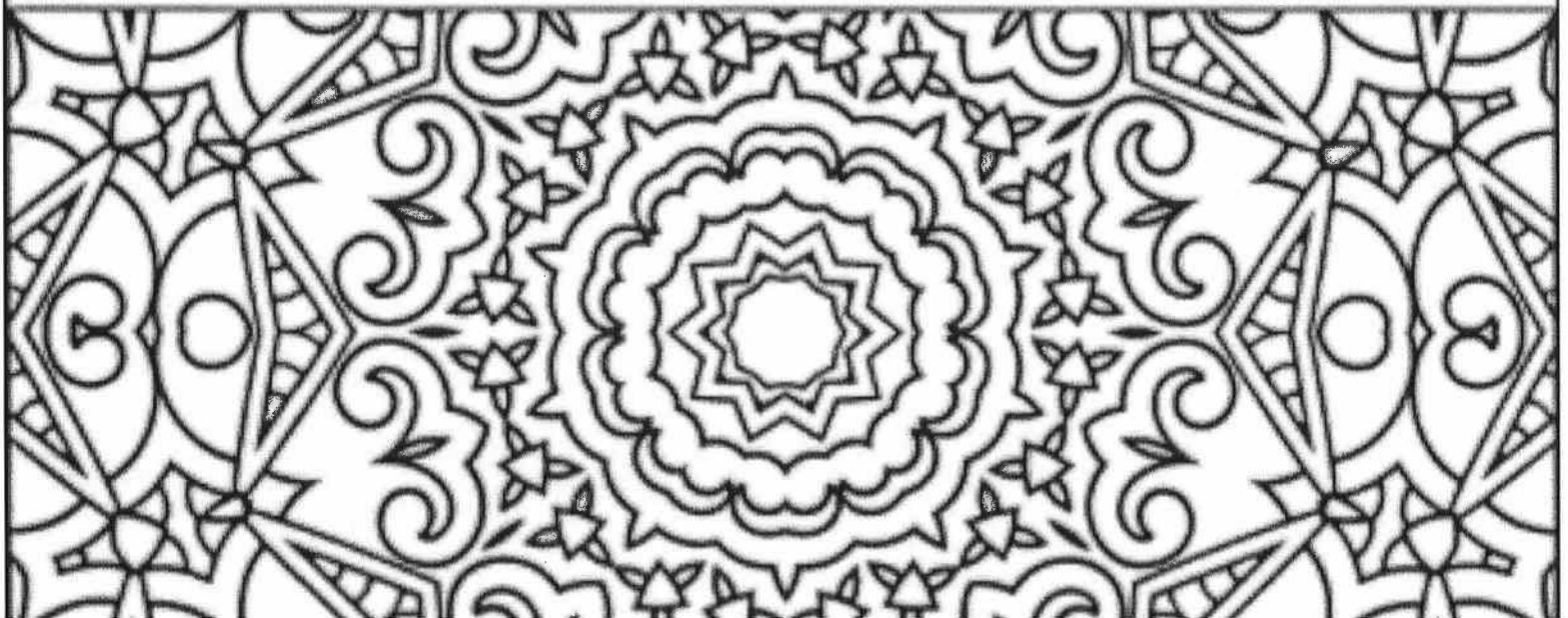
I NEED...



DRAW

I AM AMAZING

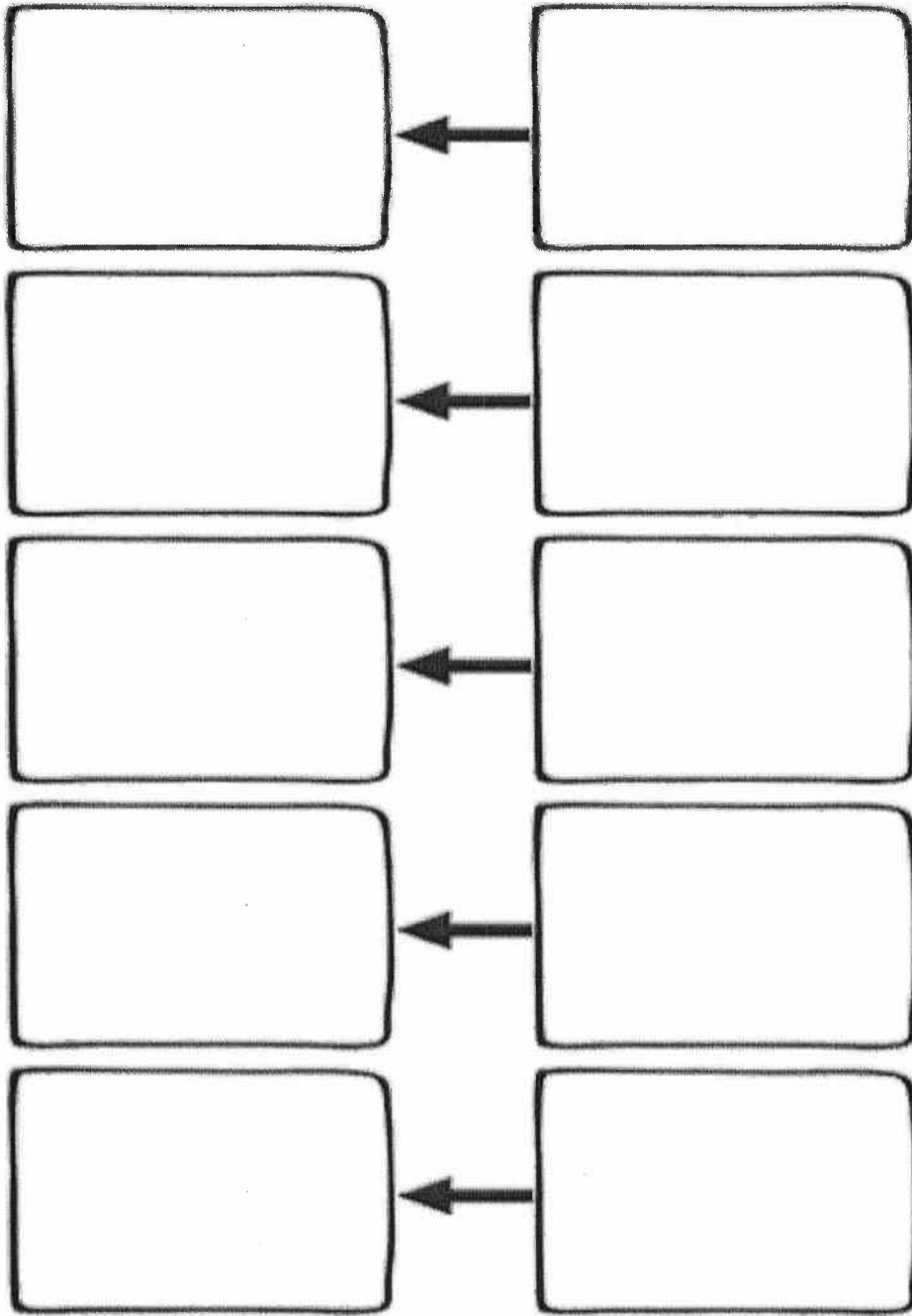
DATE _____



SHORT-TERM GOALS

Things I can do to reach my goals

My Goals



right now

date:

time:

One good thing about this moment, right now:

Another good thing about this moment, right now:

One thing about the space I'm in that I haven't noticed until right now:

One emotion I am feeling right now:

One way that emotion is affecting me:

Things I can hear right now:

One thing that isn't perfect right now, but that's okay:

One thing I cherish:

One person I adore:



Best idea of the week...

Date:

Handwriting practice lines consisting of 10 sets of four horizontal lines each, providing a guide for letter height and placement.

1. hearing:
2. tasting:
3. reading:
4. wearing:
5. feeling:
6. weather:
7. wanting:
8. needing:
9. thinking:
10. enjoying:

