

Gratitude Journal

for Emotional Well-Being

WOMB
PRINTS[®]



LABOR OF LOVE BY
HEARTMANITY

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INTRODUCTION

There is nothing simpler that can relieve stress and replenish our spirits faster than gratitude.

In a rapidly changing and expansive time, such as being pregnant and adding an addition to our family, gratitude is vital in keeping our balance.

A gratitude practice is a free, easy, and feel-good action that is scientifically shown to:

- ***increase happiness***
- ***enhance health***
- ***give more restful sleep***
- ***shift negativity to a positive attitude***
- ***replace anxious or depressing thoughts***
- ***boost resiliency***
- ***promote kindness***

By merely acknowledging and appreciating the little things in life, we can rewire the brain to deal with the present circumstances with more awareness and healthier perception.

When you feel a little cranky or off balance, sit down and write down all the things you're grateful. You'll notice an immediate uplifting.

It's also a wonderful practice to do while you're pregnant because your baby is learning how to view the world through your perspective and emotional world.

What a fabulous way to give your baby a happy start in life!



POSITIVE EMOTION ENHANCERS USING GRATITUDE

NOTES

EXAMPLE 1

Situation	Whenever I see my daughter
Emotion	Love
Trigger	Her smile
Current	
Response	I observe her and then walk away
Enhancer	I tickle her & we both laugh. I tell my daughter how much I love her smile and laughter. Then I sit down and think of all the things I'm grateful for.

EXAMPLE 2

Situation	I'm pregnant with my first child and I feel a little kick
Emotion	Surprise and excitement
Trigger	My baby's kick
Current	
Response	I'm happy for a second, then I get busy again.
Enhancer	I revel in the new life growing inside me. Rubbing my belly gently, I talk to my baby and then know just how thrilled I am to be a mother. Then I call my husband and share the new development and together we feel the joy.

EXAMPLE 3

Situation	Hiking in the wilderness with friends
Emotion	Grateful and happy
Trigger(s)	Fresh air, beautiful scenery, and pleasant conversation.
Current	
Response	Enjoy it but forget to make plans to do it more often.
Enhancer	Intensify my gratitude by recalling the pleasant experience and feelings. Make a commitment and plan a regular outing in a different spot each time.





**Gratitude can transform
common days into
thanksgiving, turn routine
jobs into joy, and change
ordinary opportunities
into blessings.**

—Proverbs



BRAIN GEM



Hypothalamic regulation triggered by gratitude helps us get deeper and healthier sleep naturally every day. A brain filled with gratitude and kindness is more likely to sleep better and wake up feeling refreshed and energetic every morning (Zahn et al., 2009).





GRATITUDE

Gratitude is not just a pleasant emotion. Gratitude holds the power to take back control by enabling you to be the captain of your own mind and emotions.

Choosing to be grateful even when life throws us some curve balls will be a practice you'll love and want to continue.

Make gratitude a habit.

NOTES



MY GRATITUDE FEAST: _____

Date: _____

I'm grateful for: _____

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POSITIVE EMOTION ENHANCERS USING GRATITUDE

YOUR TURN!

PRACTICE

Situation: _____

Positive Emotion(s): _____

Trigger: _____

Current Response: _____

Enhancer: _____

Situation: _____

Positive Emotion(s): _____

Trigger: _____

Current Response: _____

Enhancer: _____

Situation: _____

Positive Emotion(s): _____

Trigger: _____

Current Response: _____

Enhancer: _____

Highlighting what is good in our lives amplifies our joy and happiness. When this practice becomes a habit, happiness becomes a state of being.



HEARTMANITY'S MISSION

Heartmanity's mission is to inspire, encourage, unconditionally love, and guide people to create emotionally safe, honest, thriving relationships. In this safe space, we will mine our divine potential and heal the pain that blocks its unlimited power.

Together, we will create families, businesses, and communities where we are all unconditionally loved and respected; our children's spirits honored and nurtured; our environment cared for; and extraordinary beauty, abundance, and peace flourish for all.

