## Gratitude Journal

for Emotional Well-Being



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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**

### **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 them 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.

**NOTES** 

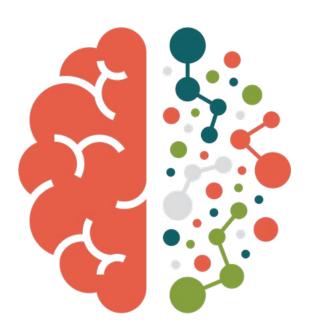




# Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings.

-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.

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### POSITIVE EMOTION ENHANCERS USING GRATITUDE

### **YOUR TURN!**

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.