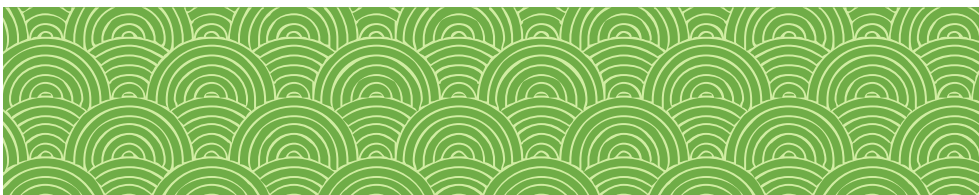
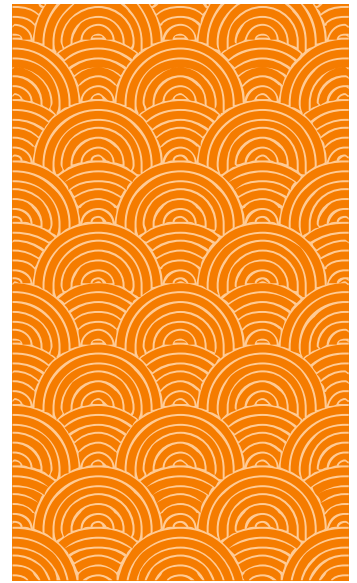


7 Day Gratitude Journal Challenge

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7 Day Gratitude Journal Challenge

Day 1 – Think of something from your past that you are truly grateful for. A memory that makes you so happy, remember how you felt. Use all your senses. Why did this make you feel grateful? Write this in in your Gratitude book.

Day 2 – Write down 3 things from the past week that you are grateful for. Why are you grateful?

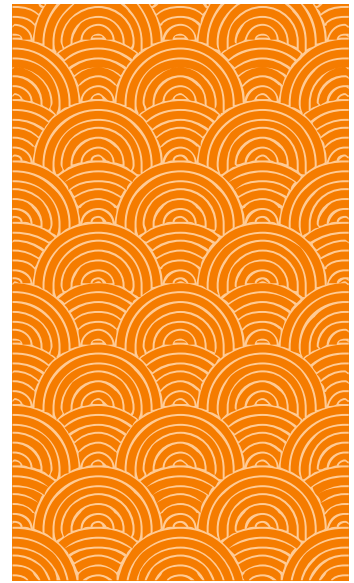
Day 3 - Write 3 things to be grateful for today. Remember to say to why, really feel this gratitude. Say and write thank you. You will do this everyday from now on.

Day 4 - Write out your mantra. Write 3 things to be grateful for today.

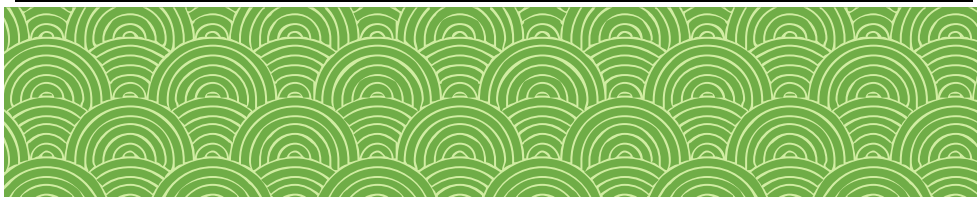
Day 5 – Practice a walking meditation. Just observe what is around you, without judgement and move on. Be in the moment. Write 3 things to be grateful for today.

Day 6 – Write down 3 people that you are grateful for and why. Write down your 3 things that you are grateful for today.

Day 7 – Use your Gratitude book to manifest something into your life. Write down something that you would like, as if you already have it.



Make the journal your own, add pictures, and quotes alongside your thankful statements.



NOTES

Everyday continue to write down 3 things in your Journal

After 2 weeks extend this to 6 things a day.

Remember to really feel the happiness, why are you grateful?

If you are feeling down, acknowledge the feeling and try to reframe it into something positive.

Keep your mantra for at least a week before changing it, put it somewhere that you will see it multiple times in the day.

When you are writing in your Journal use words that are comfortable for you.

I am so grateful / thankful for

Because

Thank you, Thank you, Thank you.

FEEL the gratitude.

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