

SOMETHING TO WORK ON!



CREATE A “THANKFUL JOURNAL”

I feel giving thanks and showing appreciation are essential to self-love and growth. For those who celebrate it, Thanksgiving is right around the corner. It's a time when family and friends get together to share a feast and give thanks. We all know that once a year is not good enough to give thanks. Here's a memorable way to reflect on all we have to be thankful for.

Materials:

- Journal: Any size or style is ok, but preferably one where pages aren't easily removable. A lined journal may help keep your lines straight, but it's not necessary.
- Permanent marker: Color does not matter.
- Writing pens: More than one color if you have it.

Steps:

- Using the permanent marker, write on the front of your journal (or on the inside page if you have a decorative cover) “I, (Your Name), am thankful for.....” in big letters.
- On the first day before you go to bed, open your journal to the first page and write down 3 things you are thankful for. Put each entry on a separate line. Be as general or specific as you desire.
- On the next day, write down 3 more things you are thankful for - no repeats from the previous day. If you have more than one colored pen, you can alternate colors each day.
- The next day, write down 3 more things you are thankful for – again, no repeats from the previous days.
- Continue this process until the book is full. The challenge is to dig deep and not repeat. As days go by, watch as your entries go from a word or two to sentences.

The “Thankful Journal” is a great way for you to acknowledge and reflect on all that you have to be thankful for. It is also a great source of inspiration and comfort on those days you really need a pick-me-up. So, let's get started! Happy journaling!





ONE LAST THING

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Until Next Time.....