# Connecting to Greatness Gratitude Journal

KIMATRA MAXWELL

Connect to your best and most authentic self

This Journal belongs to:

_____

*I am happy, I am grateful, I am enough.*

## Welcome

As an adolescent, my mom handed me a cute little journal and told me to write when I couldn't speak. This would begin my love affair with journaling. Over the years journaling has accompanied me through relationships, milestones, and accomplishments. I have discovered a power in writing down my thoughts that have changed my life completely. I believe journaling has the power to help you create the life you've always imagined. Journaling as a tool can aid with healing, building emotional intelligence, discipline, and achieving your goals.

This journal is for anyone who desires to develop and maintain a gratitude practice. Gratitude is one of the core values of Connecting to Greatness because like journaling, gratitude has helped shape my life for the better. Scientific research has proven the benefits of practicing gratitude. Gratitude can boost one's self-esteem, improve sleep, eliminate stress, enhance self-awareness, develop new perspectives, and make you happier. There are so many reasons to practice gratitude.

This journal draws to it all who are ready to develop and maintain a gratitude practice. Therefore, I am excited about this journey you've decided to start. This journal is very simple to use. Begin by setting aside a specific time each day to journal, preferably right before bed or in the mornings before you begin your day. Use an alarm on your phone as a reminder for your practice. Keep your journal by your nightstand which will serve as a friendly reminder. After completing your gratitude prompt try sitting in the feelings of your gratitude practice for 20 seconds. Finally, be kind to yourself if you miss a day or two. It's okay. Journal when it feels right and fun for you.

Thank you for supporting Connecting to Greatness and for choosing to build your gratitude practice. Let your spirit guide with gratitude and may your life be forever changed through gratitude.

Your sister on the journey,
Kimatra Maxwell, MSW LICSW

Date:_____/_____/_____

Who are the people in my life I am most grateful for?

*I am happy, I am grateful, I am enough.*

Date:_____/_____/_____

What are the biggest lessons I learned last year?

*I am happy, I am grateful, I am enough.*

Date:_____/_____/_____

What everyday items am I grateful for?

*I am happy, I am grateful, I am enough.*

Date:_____/_____/_____

What experiences have strengthened me?

*I am happy, I am grateful, I am enough.*

Date:_____/_____/_____

What do I love the most about the work I do?

*I am happy, I am grateful, I am enough.*

Date:_____/_____/_____

What do I love most about myself?

*I am happy, I am grateful, I am enough.*

Date:_____/_____/_____

What are 7 things I am grateful for today?

*I am happy, I am grateful, I am enough.*

Date:_____/_____/_____

What happened last week that I am grateful for?

*I am happy, I am grateful, I am enough.*