



gratitude



gratitude

Sometimes gratitude will be an easy response—a feeling that flows freely as we respond to our individual experiences and circumstances. Other times, it'll be hard work to write down even one good thing in our lives.

Yet, the research shows incorporating gratitude into a regular practice, especially within a larger habit of journaling, will carry lasting positive effects both mentally and physically.

Over the next 10 days, you'll create space for gratitude by exploring your personal history with it, what it means to give and receive it, and finding practical ways to incorporate gratitude regularly into your life.

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DAY ONE

***how do you generally
express gratitude?***

***are you happy with
this answer?***

***how would you like
to express gratitude?***

*

***why not draw a mindmap of
all the behaviours you would like
to show, the next time you
feel gratitude?***



DAY TWO

***when was the last
time you felt grateful
to someone and what had
they done for you?***



DAY THREE

***when was the last
time someone expressed
gratitude for something
you had done?***

***how did it feel to
receive this?***



DAY FOUR

***have you ever felt
a lack of gratitude?***

***perhaps for a gift
or compliment?***

***how did the ingratitude
make you feel?***



DAY FIVE

***what was the best gift
you have ever received?***

*

***jot down three words that
best describe the emotions
you felt receiving that gift***



DAY SIX

***how often do you show
gratitude to your senses
and body?***

***which of your senses
are you most grateful for?***

***which part of your body
are you most grateful for?***

why?



DAY SEVEN

***what is something or
who is someone that you
often forget to show
gratitude for?***

*

***write a letter to this
person or thing to
express how you feel***

***you don't have
to send it...***



DAY EIGHT

***what challenge are
you grateful for pushing
you outside of your
comfort zone and
enabling growth?***



DAY NINE

***what three things
in your life are you
grateful for today?***



***gratitude is a gift to both the
giver and receiver, as they
feel appreciated and happy,
their self-esteem rises and
they don't feel taken for
granted***

***gratitude isn't blind
optimism, it's a conscious
choice to remember that there
are still many good things
even on the hardest day***

***a smile, a greeting, holding
a door for someone—these are
all small acts that can make
a difference to many lives***



DAY TEN

***how are you going to
make gratitude a focal
point of your day,
every day?***





beyond the prompt

Now that you've completed this prompt, look back at what you wrote and respond to the following reflection questions:

Can you identify any themes or patterns in your answers? If so, what are they?

Do any of your answers surprise you?

Did journaling help you create space for yourself? How so?

Using what you've learned, do you plan on doing anything different moving forward?

You set out to do something difficult and succeeded. How do you plan on celebrating?

No matter what, don't let this important moment pass without stopping and giving it space.



Lara Waycot, MBACP

ABOUT THE AUTHOR

After climbing the corporate career ladder, Lara took the leap into a new direction where she retrained as a therapist and coach. Lara now works with clients internationally, on a range of issues from anxiety to chronic medical conditions.

Lara's greatest joy when working with clients is seeing them become more compassionate to themselves, growing in self belief and achieving their goals.

FOLLOW LARA ON INSTAGRAM
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about restwell

Founded by a leather worker and a graphic designer, the idea of Restwell formed in a season of personal hardship and frustration. Refined through countless late-night walks and coffee table discussions, Restwell found its voice after realizing the slowness of our journey was what gave us our strength.

Restwell is now a growing journaling community that believes there is another way to achieve your dreams beyond the grind. We want you to pause longer, think deeper, and develop intentional habits for your life.

Every product we make is a tool to guide you as you create space for what you love.



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