

GRATITUDE | ♥

*30 day
Gratitude
Journal*

EMOJAR
unleash your emotions

30 super engaging activities for practising gratitude

Developed and illustrated by: Dr. Ria Das

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daughter
job
laptop
parents
my creativity

30 day
Gratitude
Journal

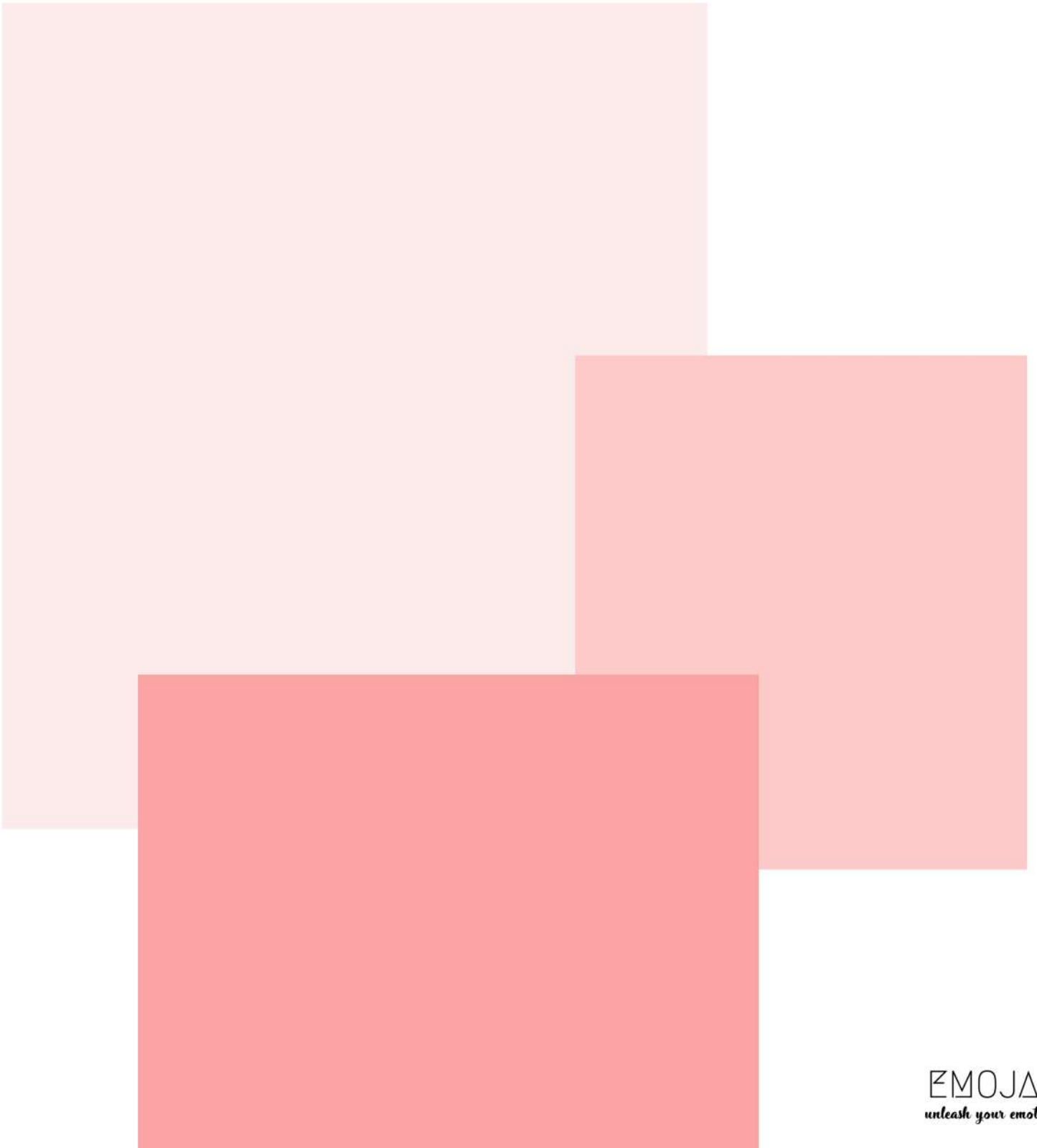


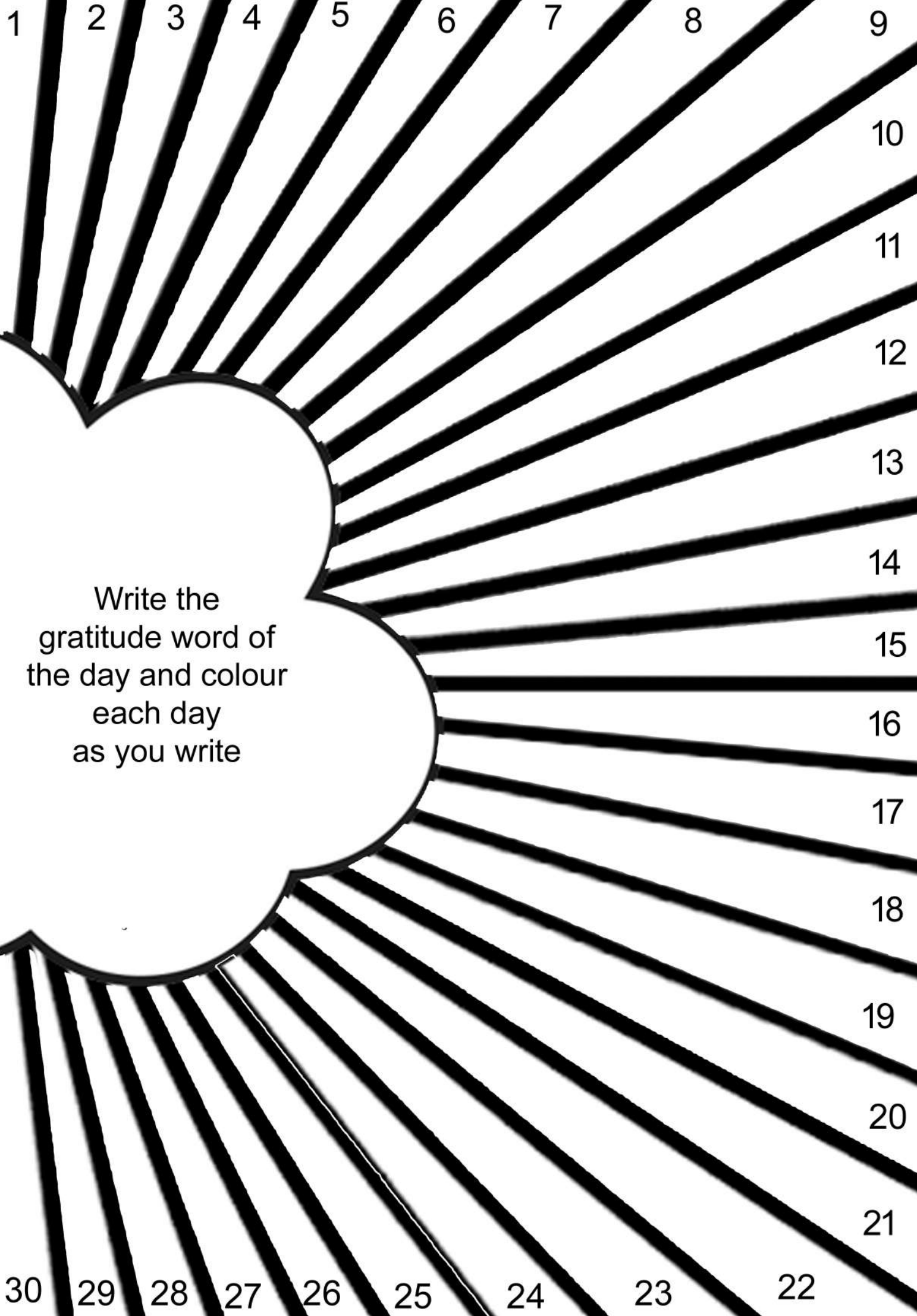
*Gratitude is the memory
of the heart."*

- Aesop

My Happy Moments

Stick pictures of your happy moments in life and pen a down a few words about the happy times!





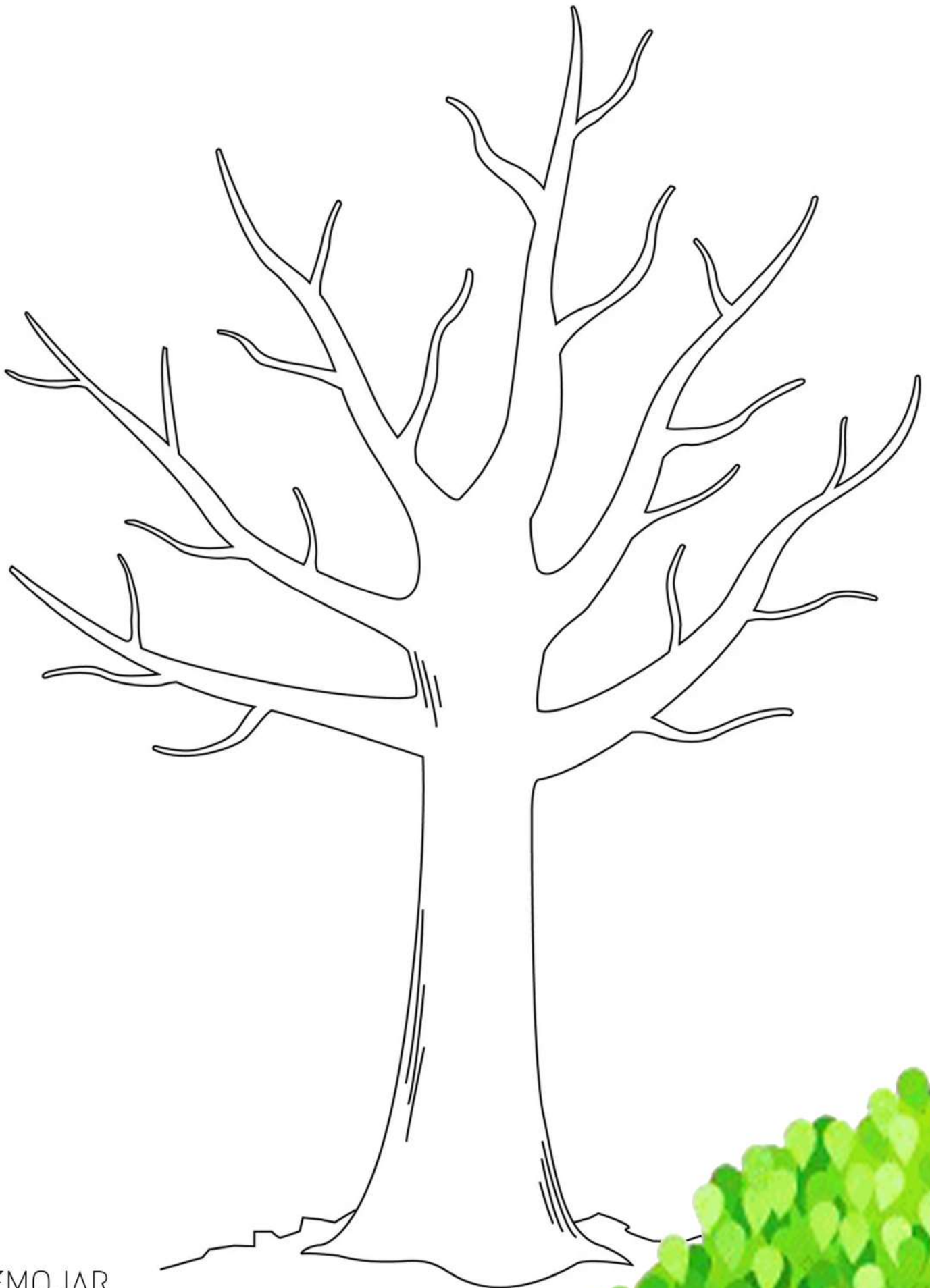
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Write the
gratitude word of
the day and colour
each day
as you write

The background of the entire image is a watercolor illustration of various green plants. It features large, elongated leaves with prominent veins, some with small dark spots, and several fern-like fronds. The colors range from light mint green to deep forest green. A central white rectangular box is superimposed over the middle of the image, containing the text.

*Gratitude
Tree*

Life cannot exist without tress.
Draw a leaves of gratitude to fill the tree of your life



The background is a repeating pattern of autumn-themed elements on a light beige background. It includes maple leaves in various colors: dark brown, bright red, orange, and yellow. Interspersed among the leaves are acorns, some with blue caps and some with brown caps. The central text is set against a solid red rectangular background.

Autum Leaves

Autumn season marks the shedding of the old to pave the path to something new & wonderful. Write how this period of lull has helped you to shed your old self and bring up something new and wonderful in you. You can also color a big leaf and write with a permanent marker.

Draw any of these leaves, color, reflect and write.



Sunflowers

*Look towards the sun
and there will be no darkness*



My Biggest Support

In times of darkness list down your biggest support.
Whether it be people, your quality, talent, an object or even
an act. Color each petal as you fill in your words.
Keep this as an easy reference for future.



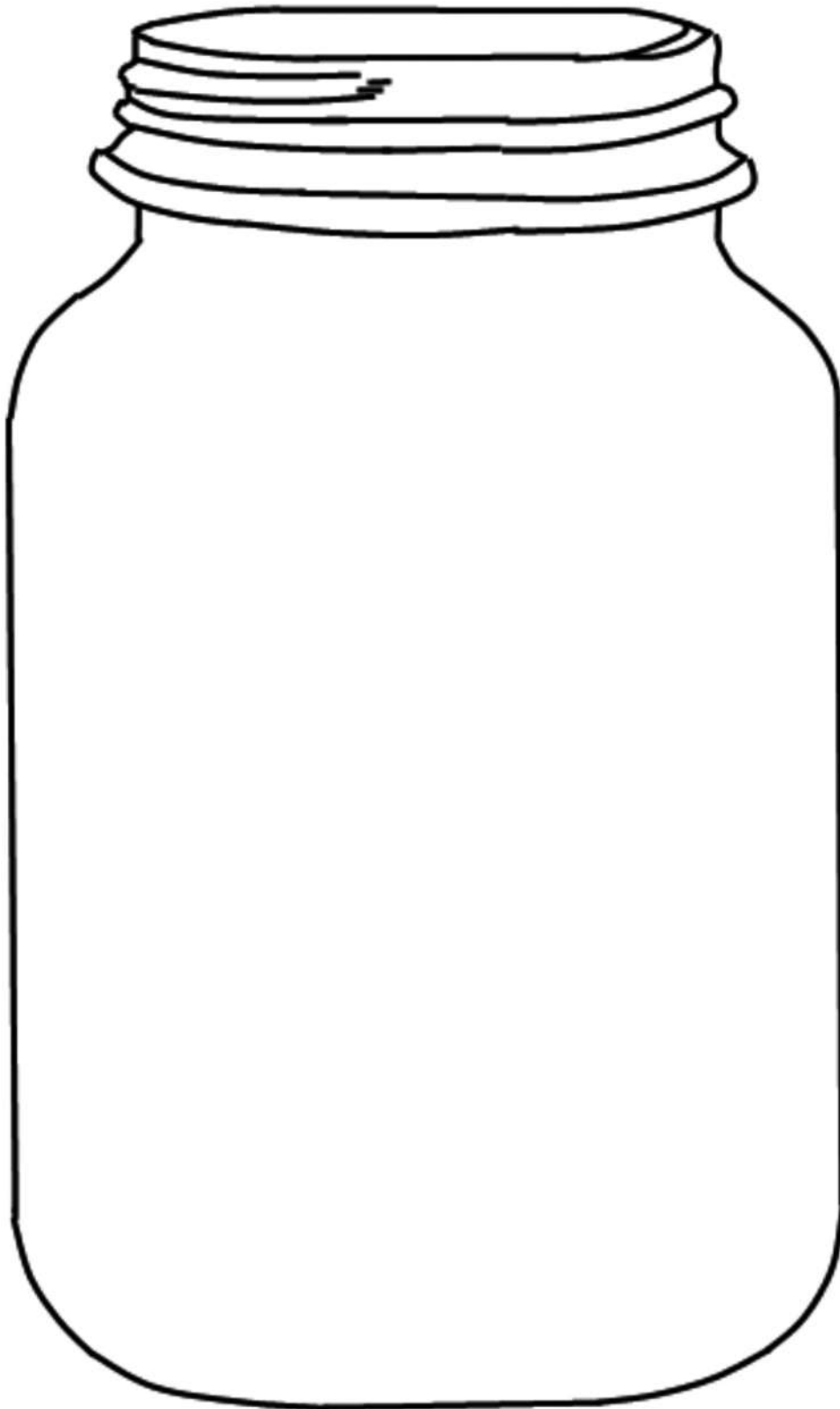
MY
SUPPORT

My Gratitude Jar



Make a physical gratitude jar or simply fill this jar with words of gratitude.

You can cut strips of colorful paper and fill the physical jar or write in your words of gratitude. Whenever you feel down, open up the jar and read. A quick stress buster.





I am grateful for

PEOPLE

Empty rounded rectangular box for writing.

PEOPLE

Empty rounded rectangular box for writing.

THINGS

Empty rounded rectangular box for writing.

THINGS

Empty rounded rectangular box for writing.

MOVIES

Empty rounded rectangular box for writing.

QUALITIES

Empty rounded rectangular box for writing.

BOOKS

Empty rounded rectangular box for writing.

MOMENTS

Empty rounded rectangular box for writing.

Gratitude Bingo

WHICH WOULD YOU DO TODAY
TO SHOW GRATITUDE

B	I	N	G	O
THANK 3 PEOPLE TODAY	COMPLIMENT SOMEONE	TALK ABOUT YOUR PARENTS CHILDHOOD STRUGGLES	SMILE AT YOUR HOUSE HELP	MAKE A GLASS OF JUICE FOR YOUR PARENTS
HELP CLEAN UP AFTER DINNER	MAKE A TREAT FOR YOUR MOTHER	LEAVE A KIND NOTE FOR A SIBLING	HELP WITH THE DISHES	PRAY TO THANK FOR THE TALENT YOU HAVE
CLEAN SOMETHING WITHOUT BEING ASKED	DO A SECRET ACT OF SERVICE	TRY TO FIND THE GOOD IN EVERYTHING TODAY	HELP PARENT WITH A CHORE	HELP MAKE DINNER
HELP A FRIEND WITH HOMEWORK OR DOUBT	HELP 3 PEOPLE TODAY	SEND A NOTE OF THANK YOU TO YOUR TEACHERS	LIST 5 THINGS WHICH ARE A BLESSING TO YOU	MAKE YOUR COMFORT FOOD

Plan a Gratitude Dinner

1. *Make gratitude place mats with paper and print personalized messages*
2. *Make place holders and write a thank you message*
3. *Cook the favorite dishes*
4. *Bake some cookies, wrap them with cellophane and tuck inside a handwritten positive message*
5. *Decorate a candle and light it while having dinner. Pray after you light it and be thankful for everything you are blessed with*

