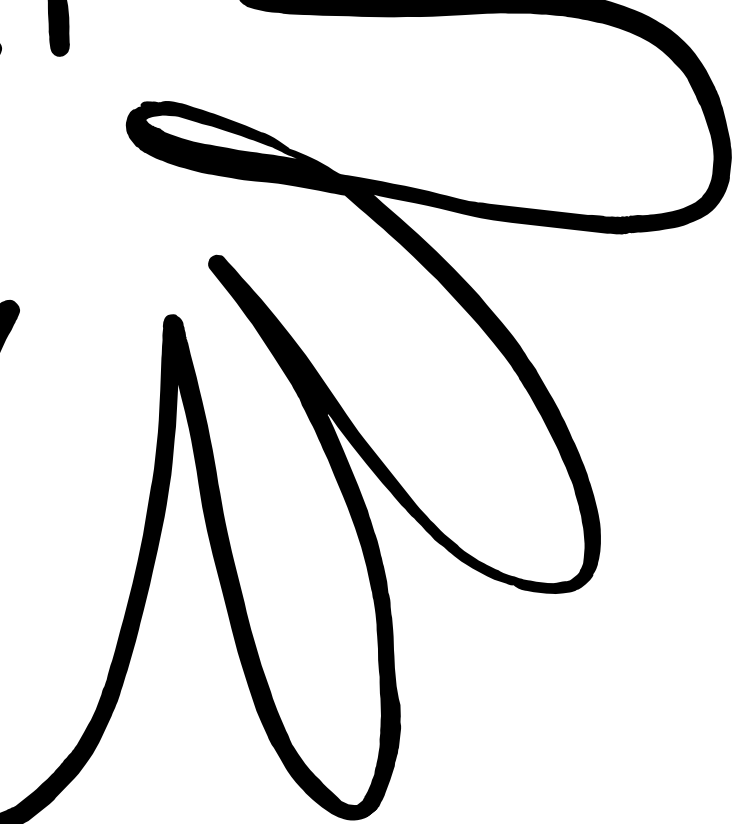




TREATS FOR THE SOULD

Journal



Gratitude journaling encourages us to focus on what's going well while also making space to recognise where we need support. By writing down what we're thankful for, we strengthen positive emotions and resilience — yet true growth also comes from honestly acknowledging our struggles. This balance of appreciation and self-awareness helps us stay grounded, kinder to ourselves, and more open to seeking help when we need it.



IDENTIFY A MINIMUM OF 3 GOOD THINGS ABOUT YOURSELF

Write down at least 3 things that were good about you today. If this feels hard at first, keep going—it gets easier with practice.

Examples:

- Today I was brave when I said what I really felt.
- I was thoughtful when I helped Peter with the budget.
- I was thoughtful when I picked up Nadia's coffee cup.
- I was good today because I didn't take it personally when the cashier was rude.
- I apologized to Conny today.
- I gave Eva a compliment.
- I didn't end my life today.
- I didn't punch my boss even though he was being really mean.
- I didn't quit my job because I know I'd regret it on Monday.
- I'm a good listener.
- I'm a good friend.
- I'm wise.
- I'm funny.
- I'm ambitious and creative today.
- I was brave when I asked for a meeting about a raise.
- I was kind and thoughtful babysitting Pelle.
- I was wise when I asked Tea for help.
- I was ambitious and creative suggesting new exercises at football training or at work.

IDENTIFY A MINIMUM OF 3 THINGS YOU ARE THANKFUL/GRATEFUL /HAPPY FOR

Write down things you're, or want to be, thankful for. Being thankful doesn't mean we don't want more—it helps us appreciate what we already have. Gratitude is the best antidote to the victim mindset.

Examples:

- Thank you for not fainting from fear before my presentation.
 - Thank you that my life is simple to live.
- Thank you that I got to practice patience at today's meeting.
 - Thank you for all the interesting people I meet at work.
 - I'm happy for being who I am.
 - I'm grateful for my family.
 - Thank you that I keep growing.
 - Thank you that I have a place to live.
 - Thank you for my job.
 - I'm thankful for being healthy.
- Thank you that I get to show love to those I care about.
 - Thank you for learning forgiveness.
 - Thank you for being forgiven.
- Thank you for all the meetings I get to experience.
 - Thank you for living in safety and love.
- Thank you for my mistakes—they help me learn and grow.
- Thank you that my friends like me even when I make silly choices.
 - Thank you that my friends never say 'I told you so.'
 - Thank you for the ability to choose how I feel.
 - Thank you for living in a democracy.
 - I'm glad to be alive.
 - Thank you for a lovely day.

- Thank you for love, happiness, and guidance.
- Thank you for trusting that everything is as it should be.
 - Thank you for laughing so often.
 - Thank you for a supportive environment.
 - Thank you for my friends.
 - Thank you for learning new things.
 - Thank you for loving myself.
 - Thank you for being able to enjoy many things.
- Thank you for getting out of a destructive relationship.
- Thank you for the courage to end my relationship.
 - Thank you for being able to give of myself.
 - Thank you for all the people I meet.
 - Thank you for trying new things.
 - Thank you for my health.
 - Thank you that my friends never judge me.
- Thank you for knowing I can survive anything.
 - Thank you for a fantastic future.
 - Thank you for standing on my own.
- Thank you for being able to attend this course.
 - Thank you for having a job.
- Thank you for managing unemployment without my life falling apart.
 - Thank you for my vacation.
 - Thank you for being brave.
- Thank you for feeling happiness and gratitude.
 - Thank you for all that I experience.
 - Thank you for seeing my progress.
- I'm glad I make progress and learn from my mistakes.
- I'm thankful the bus/taxi/train was on time today.
 - I'm glad I can influence my health/situation.
 - I'm glad I have many choices.
 - Thank you that the day is over!

IDENTIFY A MINIMUM OF 3 THINGS YOU NEED HELP / NEED / WANT OR LONG FOR

Ending the day by asking for help for tomorrow is a powerful self-care tool. Try writing down what you need help with every night for a couple of months and see the difference.

Examples:

- Help me decide who to hire tomorrow.
- Help me dare to ask Nadia out.
- I need to start exercising.
- I want to feel like I'm enough.
- Help me be present.
- Help me apologize to Claes.
- Help me accept that I didn't get the job I applied for.
- Help me make a good impression on Ali.
- Help me think I'm lovely.
- Help me find the strength to go to work tomorrow.
- Help me trust I'll finish all I've planned for tomorrow.
- Help me keep growing.
- Help me not get annoyed at Pelle.
- I long to find my true self.
- Help me be generous and kind.
- Help me not feel hurt by what Eva said.
- Help me remember to laugh a lot tomorrow.
- Help me decide which course to take.
- Help me call Belinda.
- Help me be willing to train.
- I want to be present in the now.

- I want to do well in tomorrow's meeting.
- I long for total freedom.
- I need a job.
- Help me figure out what I want.
- Help me see my progress.
- Help me dare to decline the new job offer.
- Help me say yes to the leadership offer.
- Help me feel safe.
- Help me feel grateful.
- Help me be there for others.
- Help me make the right decision.
- I need strength to get through another day.
- HELP!



DATE: / /

THINGS I DID WELL TODAY

THINGS I AM THANKFUL/GRATFUL/HAPPY FOR TODAY

THINGS I NEED HELP WITH/NEED/WANT OR LONG FOR



DATE: / /

THINGS I DID WELL TODAY

THINGS I AM THANKFUL/GRATFUL/HAPPY FOR TODAY

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