Resilience Advantage

Richard Citrin

Gratitude Journal

28 Day

THANK YOU!

Citrin Consulting

My Gratitude Journal

"You're braver than you believe,
and stronger than you seem,
and smarter than you think."

Christopher Robin to Pooh (by A. A. Miline)

Instructions for Keeping your Gratitude Journal:

1. Keeping a Gratitude Journal will help you see the positive events occurring in your life and will give you a better perspective of how to deal with challenges more effectively.

2. Recording your entries in the Journal only needs to take 5 minutes in the morning and 5 minutes in the evening. You will probably find that these few minutes provide you with a life changing perspective at the end of this 28 day exercise.

3. **In the morning,** you want to write about:

   → What you are grateful for this day?

   ⇒ What you think will happen that will make today a successful day for you?"

   At the end of your day, you want to record:

   → What was your best success for the day?

   → What were your resilient learnings from things that did not go so well?

4. Keep writing in your journal for 28 days. Even if you are not able to do it consecutively, do it whenever you can to make sure you

Day 1:

Day 2:

Complete in the **morning** as your day is beginning:

Today I am grateful for:

Today will be special and successful if:

Complete in the **evening** as your day is concluding:

My successes today included:

My resilient learnings from my challenges included:

Complete in the **morning** as your day is beginning:

Today I am grateful for:

Today will be special and successful if:

Complete in the **evening** as your day is concluding:

My successes today included:

My resilient learnings from my challenges included:

Day 3:

Complete in the **morning** as your day is beginning:

Today I am grateful for:

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Today will be special and successful if:

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Complete in the **evening** as your day is concluding:

My successes today included:

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My resilient learnings from my challenges included:

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Day 4:

Complete in the **morning** as your day is beginning:

Today I am grateful for:

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Today will be special and successful if:

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Complete in the **evening** as your day is concluding:

My successes today included:

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DAY 4

Complete in the **morning** as your day is beginning:

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Day 7:

Day 8:

Complete in the **morning** as your day is beginning:

Today I am grateful for:

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DAY 12

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Today will be special and successful if:

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Day 15:

Complete in the **morning** as your day is beginning:

Today I am grateful for:

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Today will be special and successful if:

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Complete in the **evening** as your day is concluding:

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DAY 16

Complete in the **morning** as your day is beginning:

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Today will be special and successful if:

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Complete in the **evening** as your day is concluding:

My successes today included:

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DAY 20

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Complete in the **morning** as your day is beginning:

Today I am grateful for:

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Today will be special and successful if:

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Complete in the **evening** as your day is concluding:

My successes today included:

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My resilient learnings from my challenges included:

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Today I am grateful for:

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Complete in the **evening** as your day is concluding:

My successes today included:

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My resilient learnings from my challenges included:

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Day 23:

Day 24:

Complete in the **morning** as your day is beginning:

Today I am grateful for:

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Today will be special and successful if:

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Complete in the **evening** as your day is concluding:

My successes today included:

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My successes today included:

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DAY 24

Complete in the **morning** as your day is beginning:

Today I am grateful for:
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My resilient learnings from my challenges included:
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Day 27:

Complete in the **morning** as your day is beginning:

Today I am grateful for:

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Today will be special and successful if:

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Complete in the **evening** as your day is concluding:

My successes today included:

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My resilient learnings from my challenges included:

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Day 28:

Complete in the **morning** as your day is beginning:

Today I am grateful for:

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Today will be special and successful if:

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Complete in the **evening** as your day is concluding:

My successes today included:

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My resilient learnings from my challenges included:

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DAY 28
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