

# GRATITUDE REFLECTION



WRITE WHAT YOU ARE GRATEFUL FOR THIS WEEK

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DESCRIBE WHAT YOU LOVE ABOUT YOURSELF:

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DESCRIBE WHAT YOU ARE EXCITED ABOUT:

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# GOAL WORKSHEET

DATE:

GOAL:

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WHY?

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SMALL STEPS TO TAKE

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NOTES

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Mind traps can have several downsides, including:

1. Limited Thinking: Mind traps can limit our thinking and prevent us from considering alternative perspectives or solutions. This can lead to rigid and narrow-minded thinking, which can hinder personal growth and development.
2. Negative Emotions: Mind traps often involve negative thoughts and emotions, such as self-doubt, anxiety, and self-criticism. These emotions can be draining and lead to feelings of inadequacy or low self-esteem.
3. Reduced Well-being: Mind traps can contribute to mental health issues such as depression and anxiety, as well as physical symptoms like headaches or insomnia. Continued engagement in mind traps can result in reduced overall well-being.

It is important to recognize and work through mind traps in order to maintain a healthy and positive mindset.

<b>'MIND TRAP'</b>	<b>MENTAL REFRAME</b>
<i>I have stretch marks all over my belly</i>	<i>I embrace my beautiful body and how it's changed throughout life</i>

# APRIL 2023 JOURNALING CALENDAR

MON	TUE	WED	THU	FRI
LIST AS MANY REASONS AS YOU CAN ABOUT WHY YOU LOVE YOURSELF.	WRITE ABOUT A PERSON YOU ARE GRATEFUL TO HAVE IN YOUR LIFE	WRITE ABOUT A MOMENT IN YOUR DAY THAT BROUGHT YOU JOY.	FREE WRITE	REFLECT ON A SKILL THAT YOU HAVE
WRITE ABOUT A CHALLENGE YOU FACED THIS WEEK	LIST ALL THE THINGS YOU LOVE ABOUT YOUR FAMILY	WRITE ABOUT SOMETHING IN NATURE THAT YOU LOVE AND APPRECIATE	ACKNOWLEDGE HOW FOOD NOURISHES YOUR BODY	WHAT ARE 3 THINGS YOU HAVE WONDERED ABOUT RECENTLY?
FREE WRITE	WRITE A THANK YOU LETTER TO YOUR BODY	CONSIDER THE COMFORTS OF YOUR HOME YOU TAKE FOR GRANTED	WRITE GOOD QUALITIES ABOUT SOMEONE YOU DON'T LIKE	LIST AS MANY REASONS AS YOU CAN ABOUT WHY IT IS IMPORTANT TO STAY ACTIVE
LIST ONE THING YOU ARE GRATEFUL FOR THAT STARTS WITH EACH LETTER OF THE ALPHABET	WHAT 3 TRAITS DO YOU LOVE ABOUT YOUR PARTNER	WHAT DOES A DAY OF RELAXATION LOOK LIKE FOR YOU?	THINK ABOUT YOUR LAST FOOD INDULGENCE. LIST EVERYTHING YOU LOVED ABOUT IT	WHEN YOU SIT HERE QUIETLY, WHAT DO YOU THINK ABOUT?
WRITE ABOUT YOUR FAVORITE VACATION	IS THERE A NEW HOBBY YOU'D LIKE TO START DOING?	FREE WRITE	IF YOU HAD TO EVACUATE YOUR HOME, WHAT WOULD YOU GRAB AND WHY?	WRITE A GRATITUDE LIST ABOUT A BODY PART YOU DON'T LIKE