

Embrace  
SOBERHOUSE



Eugene Leonard

# Gratitude Journal

Gratitude is a powerful  
catalyst for happiness.

It's the spark that lights  
a fire of joy in your soul.

Amy Collette

Name:

# Gratitude

According to an article on the Harvard Healthy website, which outlines research on the topic, “Gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.”<sup>[1]</sup>

Here are seven scientifically proven benefits of gratitude from the Psychology Today website;<sup>[2]</sup>

1. Gratitude opens the door to more relationships.
2. Gratitude improves physical health.
3. Gratitude improves psychological health.
4. Gratitude enhances empathy and reduces aggression.
5. Grateful people sleep better.
6. Gratitude improves self-esteem.
7. Gratitude increases mental strength.



In her book ‘The Gifts of Imperfection,’ Brene Brown emphasizes that maintaining an *attitude of gratitude* is insufficient to cultivate joy unless it translates to a behavior.

Brown asserts that the wholehearted folk whom she interviewed all had a tangible practice of gratitude, whether that was journaling, meditation, or saying grace. She stressed the importance of turning the *attitude* into an *action*.



## How to Use Embrace's 30-Day Gratitude Journal

### 1) Daily Gratitude List

Use this box to make a list of people or things that you are grateful for on that specific today.

### 2) I am grateful for \_\_\_\_\_ because\*

Use this box to detail something generic that you are grateful for in your life. For example, your health.

Be sure to give a detailed explanation as to why you are grateful.

We recommend that you complete the gratitude journal each night during your stay at Embrace.

\*This question is based on a study by Martin Seligman that confirmed that the best way to express gratitude is to not only describe what you're grateful for, but also to take the time to consider the actions that led to this good result.<sup>[3]</sup>

According to Scott and Davenport, "When you start to see a positive correlation between your actions and certain events, you'll do more to attract these good things into your life. The purpose here is to challenge you to be ultra-specific about what you're currently grateful for. This means you'll describe how a person, event, or item has benefited your life, and in what ways you have been helped."<sup>[4]</sup>



## How to Use Embrace's 30-Day Gratitude Journal

Idea of the Day

This could be;

- A creative idea.
- A business idea.
- An idea to help you in recovery.

What am I looking forward to tomorrow, and why?

Keep it simple.

This question should be relatively easy to answer.

There is always something to look forward to!

gratitude  
CHANGES  
every  
thing

The final question is always a random, thought-provoking, gratitude question.

We recommend that you don't look ahead at the following nights question.

In this way, you can answer directly from the heart each night.

Try not to overthink your answer.



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Day 1

We must find time to stop and thank the people who make a difference in our lives.

-John F. Kennedy

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

Who is a teacher or mentor whose wise advice you still "channel"?



Day 2

Nothing is more honorable  
than a grateful heart.

- Lucius Annaeus Seneca

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

Which of your hobbies brings you the greatest joy? What is it about that particular hobby that you love so much?



Day 3

There are always flowers  
for those who want to see them.

-Henri Matisse

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

What is the biggest accomplishment in your professional life?



## Day 4

My day begins and ends with gratitude.

-Louise Hay

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

What privilege do you enjoy that others might not?



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## Day 5

So much has been given to me;  
I have no time to ponder over  
that which has been denied.

-Helen Keller

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

Which is your favorite city in the world? What is it about that particular city that brings you so much joy?



Day 6

Silent gratitude isn't very  
much use to anyone.

-Gertrude Stein

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

What is one thing you've learned this week that you're thankful for?



Day 7

The roots of all goodness lie  
in the soil of appreciation for goodness.

-Dalai Lama

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

What's one thoughtful thing someone did for you recently?



## Day 8

The real gift of gratitude is that the more grateful you are, the more present you become.

-Robert Holden

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

What skills do you possess that you are most proud of?



Day 9

The struggle ends when gratitude begins.

-Neale Donald Walsch

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

What is your favorite TV show, and why?



Day 10

Gratitude opens the door to the power,  
the wisdom, the creativity of the universe.  
You open the door through gratitude.

-Deepak Chopra

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

Who is your favorite Sportsperson, and why?



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Day 11

He is a wise man who does not grieve  
for the things which he has not,  
but rejoices for those which he has.

- Epictetus

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

What is your favorite movie, and why?



Day 12

Wear gratitude like a cloak,  
and it will feed every corner of your life.

- Rumi

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

What do you love most about the place you live, or are from?





Day 13

Let us be grateful to the people  
who make us happy; they are the charming  
gardeners who make our souls blossom.

-Marcel Proust

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

Which country's cuisine do you savor the most, and why?



Day 14

Gratitude is not only the greatest of virtues,  
but the parent of all others.

-Cicero

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

Who is your best friend? What qualities does he/she have that you appreciate and admire?



Day 15

What separates privilege from entitlement  
is Gratitude.

-Brene Brown

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

Write about the last time when you laughed out loud.



Day 16

When it comes to life the critical thing is whether you take things for granted or take them with gratitude.

-G.K.Chesterton

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

What do you enjoy most about your job/or a previous job if you are on a career break?



Day 17

Thankfulness is the beginning of gratitude.  
Gratitude is the completion of thankfulness.  
Thankfulness may consist merely of words.  
Gratitude is shown in acts.

-Henri Amiel

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

Write about a time when someone forgave you. What did you learn from this experience?



Showing gratitude is one of the simplest  
yet most powerful things humans  
can do for each other.

-Randy Rausch

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

What is your favorite quote, and why?



Day 19

Be grateful for your difficulties and challenges, for they hold blessings.

-Carl Jung

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

Describe your most treasured possession.



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Reflect upon your present blessings,  
of which every man has plenty; not on your past  
misfortunes, of which all men have some.

-Charles Dickens

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

Who is the one person that you are most grateful for during this period of your life? Why?







Day 21

Gratitude is the sign of noble souls.

-Aesop

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

Describe a recent experience that made you stronger.



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Appreciation can make a day, even change a life.  
Your willingness to put it into words  
is all that is necessary.

-Margaret Cousins

Daily Gratitude List	I am grateful for _____ because
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Idea of the day	What am I looking forward to tomorrow, and why?
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Which piece of technology do you use regularly that has brought value to your life?
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Day 23

Acknowledging the good that you already have in your life is the foundation for all abundance.

-Eckhart Tolle

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

What is your happiest childhood memory?



Day 24

Those who find gratitude in the little things  
find humility in the big things.

-Lidia Longorio

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

Who is someone that really listens when you talk, and how does that affect you?



Day 25

For me, every hour is grace.  
And I feel gratitude in my heart each time  
I can meet someone and look at his or her smile.

-Elie Wiesel

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

What's something enjoyable you get to experience every day that you've come to take for granted?



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Day 26

When you are grateful, fear disappears  
and abundance appears.

-Tony Robbins

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

What's an aspect of your physical health that you feel grateful for?



Day 27

When I started counting my blessings,  
my whole life turned around.

-Willie Nelson

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

Have you had a chance to help someone recently, and how did that make you feel?



Day 28

Who does not thank for little  
will not thank for much.

-Estonian Proverb

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

What is the best gift that you have ever received?





Day 29

Gratitude makes sense of our past,  
brings peace for today, and  
creates a vision for tomorrow.

-Melody Beattie

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

What was a lesson that you were grateful to learn?



Day 30

Joy is the simplest form of gratitude.

-Karl Barth

Daily Gratitude List

I am grateful for \_\_\_\_\_ because

Idea of the day

What am I looking forward to tomorrow, and why?

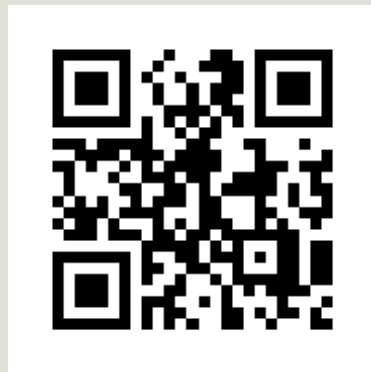
What's something you look forward to in the future?

## Works Cited

- [1] <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>
- [2] <https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientifically-proven-benefits-gratitude>
- [3] Seligman, M.; Steen, T.A.; Park, N. and Peterson, C. (2005). "Positive psychology progress: Empirical validation of interventions," *American Psychologist*, 60:410-421
- [4] S. J. Scott, Barrie Davenport; (2018) *The 90-Day Gratitude Journal: A Mindful Practice for Lifetime of Happiness*



Why stop at 30 days?



Scan the QR Code for 101  
Gratitude Journal Prompts for  
Building a Grateful Life Every Day



On July 10th 2019 I slipped quietly in to Hope Rehab Thailand in the dead of night to finally deal with my long standing addictions to alcohol, drugs and gambling.

I am profoundly grateful to all the staff at Hope for the professional care and support I received before, during, and after, my time there.

You can scan the QR Code below to learn more about this transformative journey of recovery on my MrTheraPOD website. Alternatively, you can search for 'A Lust For Sober Life' podcast on all major platforms.

Days after leaving Hope I was blessed to unearth S. J. Scott & Barrie Davenport's brilliant *90-Day Gratitude Journal*. Serendipity at its finest. I printed it out and started that night. I even managed to convince my good friend, Mr. Justin Barrett, a perpetually frustrated St. Kilda's AFL fan, to join me in simultaneously completing it. My friend Ilona, the vegan Dutch Yogi, also finished it in 2021.

The Embrace Sober House *30-Day Gratitude Journal* uses the same format. I have made a number of additions, added some of my own favorite gratitude quotes, and changed several of the questions.

My life is now filled with a deep sense of gratitude and appreciation. I am of the belief that service is one of the key components to a successful recovery, and happy life. This is one of the reasons that I am currently volunteering at Embrace Sober House in Chiang Mai. Henk Nagel, the Founder of Embrace, was also the Manager at Hope Rehab in 2019 during my stint there.

I am very grateful for this opportunity and suggest that you consider some voluntary work as part of your own recovery. It may change your life.

*"Who looks outside, dreams; who looks inside, awakens."*

-Carl Jung

