



# *My Appreciation Journal*

*"Appreciation is the magic formula you have been seeking - Abraham-Hicks"*

The Appreciation Journal is uniquely dedicated to noticing and appreciating the positive things in your life.

### Benefits of Appreciation:

1. Makes us happier;
2. Improves our self-esteem;
3. Makes us mentally stronger and resilient to deal with "uneven roads" when they pop up;
4. Reduces our level of stress;
5. Improves all area of our life including relationships and health.

### Tips:

1. Keep your journal only for thoughts of appreciation (write anything you feel positive about no matter how "small" you think it is)
2. Explain, in detail, why you feel appreciation. For example, if somebody is nice to you, explain what they do that is nice and why you appreciate it.

### Some examples can be:

- A good thing that happened..
- An act of kindness I have witnessed..
  - Something I am proud of..
  - I really enjoy the company of..
- A valuable lesson I have learned..
  - Something beautiful I saw..

## MORNING APPRECIATION

As early as possible in the morning list *10 things* you appreciate in your life:

## PEOPLE I APPRECIATE IN MY LIFE

List at least *5 people* and write why they have made your life easier or happier today or in the past. Those may be people who have helped you, done a kind gesture, made you smile or had any positive impact on you (no matter how "small" that impact seems to you)

## WHAT I AM LEARNING FROM MY CHALLENGES

Challenges can become an opportunity when we see them as a chance to learn and grow. List just one challenge (no matter how small they seem to you) and write what you are learning from it.

Make sure you truly turn your attention into the appreciation of what you have learned (or are learning). For example, you may consider exploring how this challenge is enriching your experience.

Challenge:

What I am learning from it:

And this means that...



## THE BEST PART OF MY DAY

As you begin to practice appreciation, you will find it easier to notice more things to appreciate. Choose one particular moment of your day that made you feel good, write it down and *focus on it for 2 or 5 minutes.*

A small, square chalkboard with a light-colored wooden frame is the central focus. It has a black surface with the words "Thank you" written in a white, casual, handwritten-style font. The chalkboard is propped up by a small wooden stick. In the top-left corner, there are several white roses with green leaves. A cream-colored ribbon is draped across the top-right and bottom of the scene. The entire composition is set against a plain white background.

Thank you