



14-DAY HOLIDAY GRATITUDE JOURNAL

The holidays are always a particularly difficult time for grieving families, and that will continue to be the case in 2020. This holiday season, we are encouraging our Good Grief community to choose and practice gratitude. Research has shown that practicing gratitude can improve mental health, untangle us from toxic emotion patterns, bring us closer to the ones we love, and build overall resilience.

This journal is meant to be a guide to provide a framework and suggestions for your daily practice of gratitude this holiday season. Use this guide alone, with a friend, or as part of your family. You can share what you write, or you can keep it to yourself. Research shows that it does not matter whether or not you talk about the things you are grateful for, but what matters is that you take time to slow down, reflect, and be grateful.

You will see in the following pages that we provide prompts for reflection over the course of 14 days. You can follow these prompts, or you can use your own. You can write a letter, a poem, or just one sentence. You can draw, doodle, or just sit and reflect. There is a lot of flexibility for how you can practice gratitude. Make this uniquely yours!

If you have children, consider making this a family practice. Pick the same time to practice gratitude together—after your school and/or work days are done, around the dinner table, or when winding down for bed. Do not force positive emotions on your kids, but just be encouraging, model how to express gratitude, and invite them to join you in this challenge.

We would love to hear from you, and how you are practicing gratitude this year. Please send us an email or post to social media and tag us on Facebook, Instagram, Twitter, or LinkedIn using the hashtag #goodgriefgratitude.

DAY 1: PEOPLE

Who is a person that you are grateful for?

DAY 2: COMFORT

What is something that brings you comfort?

DAY 3: LEARNING

What is something new that you learned this year?

DAY 4: MEMORIES

What is your favorite holiday memory?

DAY 5: BEAUTY

What is something beautiful that you saw today?

DAY 6: ENTERTAINMENT

What TV show, movie, or game brings you joy?

DAY 7: TRADITIONS

What family traditions do you love most?

DAY 8: GROWTH

How have you grown this year?

DAY 9: MUSIC

What song or artist do you love the most?

DAY 10: MEANING

What brings your life meaning and purpose?

DAY 11: LAUGHTER

When was the last time that you laughed really hard?

DAY 12: BODY

What is something that you love about your physical self?

DAY 13: GIFTS

What is the best gift you have given and received?

DAY 14: FUTURE

What is something you look forward to?

**I CHOOSE
GRATITUDE**

#GoodGriefGratitude



GOOD GRIEF™

**Good Grief builds resilience in children,
strengthens families, and empowers communities
to grow from loss and adversity**



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