

# Gratitude Reflection:

## *Wild + Brave Journaling Exercise*

**Before you start:** Smile, shake out your body, and breathe.

**Getting to 20:** Reflect until you find 20 answers. Use your calendar, or email, or photos to jog your memory if you get stuck.

### **What has brought you joy this year?**

Think about experiences, people, things you've enjoyed or witnessed. They may be big or small. Momentary or ongoing. What has brought you joy this year? Think and reflect until you come up with 20 answers. Use your calendar, or email, or photos to jog your memory if you get stuck.

- |           |           |
|-----------|-----------|
| 1. _____  | 11. _____ |
| 2. _____  | 12. _____ |
| 3. _____  | 13. _____ |
| 4. _____  | 14. _____ |
| 5. _____  | 15. _____ |
| 6. _____  | 16. _____ |
| 7. _____  | 17. _____ |
| 8. _____  | 18. _____ |
| 9. _____  | 19. _____ |
| 10. _____ | 20. _____ |

### **Who has come into your life and taught you something, helped you face a challenge, or walked beside you in some way?**

It could be someone new, or someone you've known a long time but have connected with in a different way recently. Who has taught you something? Who has helped you face a challenge? Who walked with you?

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| 1. _____  | 11. _____ |
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| 3. _____  | 13. _____ |
| 4. _____  | 14. _____ |
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| 8. _____  | 18. _____ |
| 9. _____  | 19. _____ |
| 10. _____ | 20. _____ |

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## Where have you succeeded, finished something, or survived?

Maybe you got through a crisis, or completed a meaningful goal. Maybe you kept a promise to yourself or someone else. What has happened that's worth celebrating?

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| 3. _____  | 13. _____ |
| 4. _____  | 14. _____ |
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| 6. _____  | 16. _____ |
| 7. _____  | 17. _____ |
| 8. _____  | 18. _____ |
| 9. _____  | 19. _____ |
| 10. _____ | 20. _____ |

## What has hurt you this year?

Pain carves into us, stress tests our limits, and disappointment can force us to rethink things large and small. This is not a time to put on a brave face or pretend "it's all good." But if you look at something that's hurt you, can you find anything of value within the tough experience? Something meaningful, or useful, or deepening? What has hurt you this year, and what value can you find in it in some way?

### What has hurt?

### What value / use / depth do I see in it?

- |           |       |
|-----------|-------|
| 1. _____  | _____ |
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| 9. _____  | _____ |
| 10. _____ | _____ |

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**What has hurt?**

**What value / use / depth do I see in it?**

11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____

## What am I hoping for in the near or distant future?

Whether you have goals, dreams, or unspoken wishes...what hopes live inside you? Sometimes we think we have to wait to achieve or receive something before we can be grateful for it. But the hope of something in itself is a powerful gift in your life. Turn discouragement or sadness around the things you're longing for into energy for your heart by being grateful for the fingerprints that dream has left of your spirit.

1. _____	11. _____
2. _____	12. _____
3. _____	13. _____
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5. _____	15. _____
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