

THERE'S POWER IN A PAUSE

Gratitude Journal Prompts

Feeling a little stuck in the everyday grind? Let's pause for a second and find something worth being grateful for.

GROUNDING EXERCISE

5 THINGS YOU CAN SEE

4 THINGS YOU CAN TOUCH

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE

Take a moment to sit back, breathe, and reflect. What was the best part of your day? Describe why it was significant to you.



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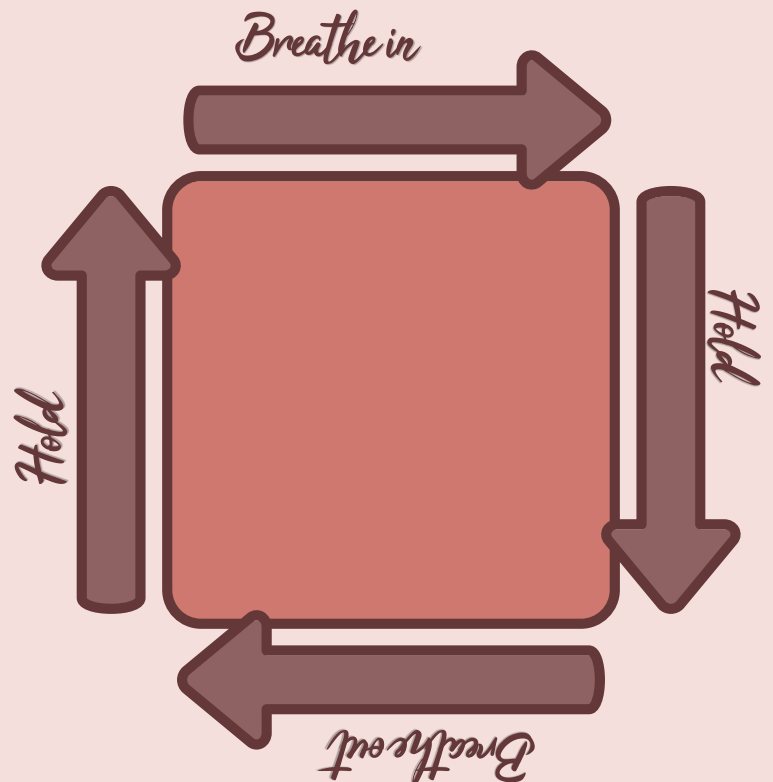
At times, we all feel a bit lonely or lost. It's important to remember who can support you when you're feeling this way.

Write about two people you are grateful for and what you appreciate about each of them.



Pause and practice a deep breathing exercise to calm your body and brain.

Trace each side of this box with your finger as you breathe deeply.



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Time to focus on you! What are three qualities or skills you have that you're thankful for? How do they help you?



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SELF-CARE CHECKLIST:

- ☐ Ate Breakfast
- ☐ Ate Lunch
- ☐ Ate Dinner
- ☐ Went Outside
- ☐ Talked to a Friend
- ☐ Drank Water
- ☐ Moved My Body
- ☐ Took Deep Breaths
- ☐ Slept 7-9 Hours
- ☐ Journalled
- ☐ _____
- ☐ _____



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Think of a challenge you faced recently. What did you learn from it, and what are you grateful for in that experience?

Take some time to relax and color to find a sense of calm.

