



***STOKE***

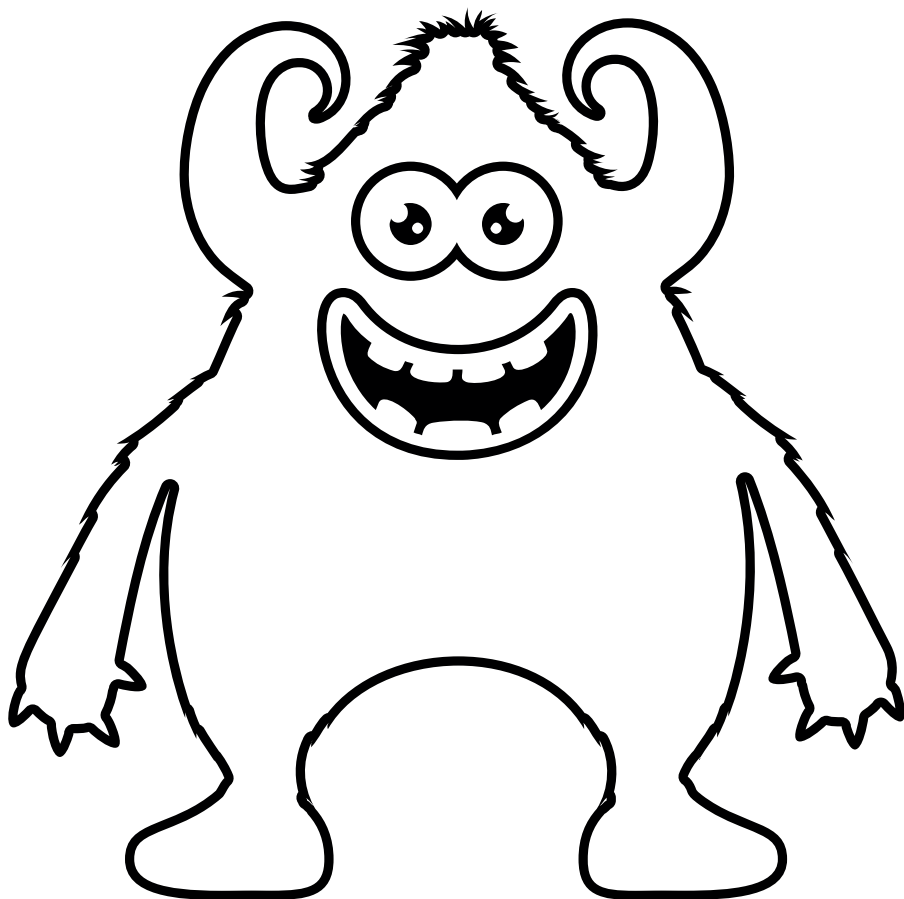
***YOUR***

***GRATITUDE***

**... with Gratitude Journaling**

**Using the Playful Learning Method™  
Created by Bret Shah**

Especially on  
those days  
when you don't  
feel like it,  
it's important  
to find at least  
one thing to  
*appreciate.*



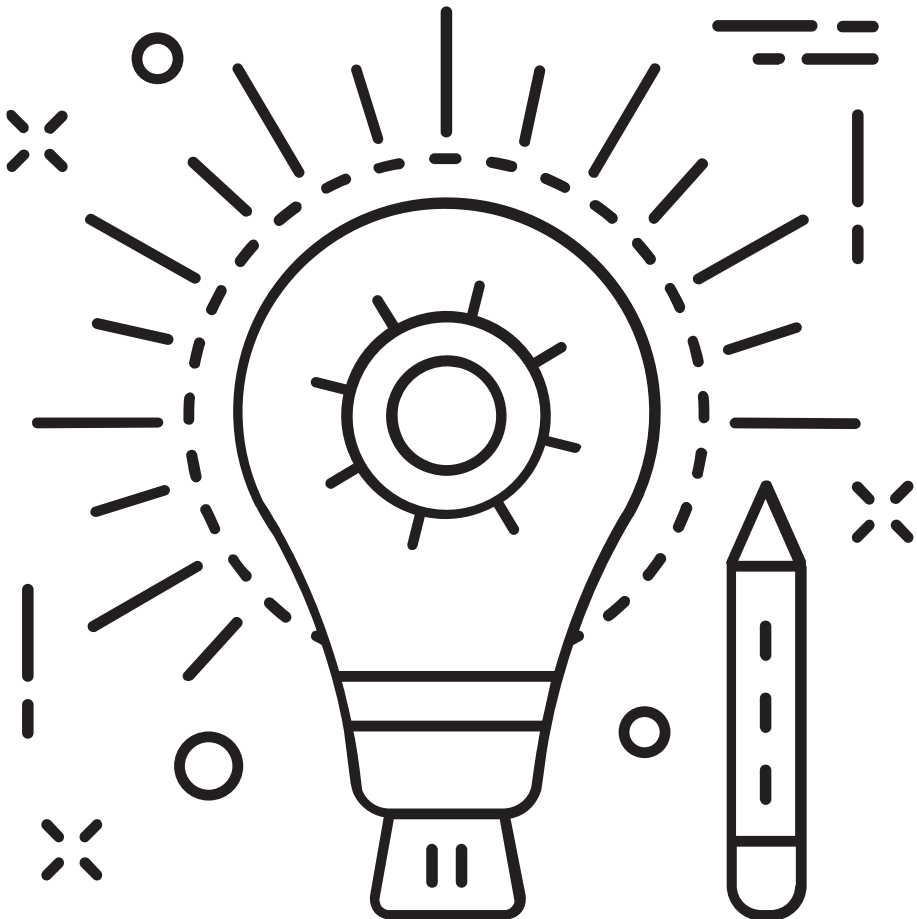
The Grateful author (pictured above) thanks you for choosing a more Grateful future for yourself.

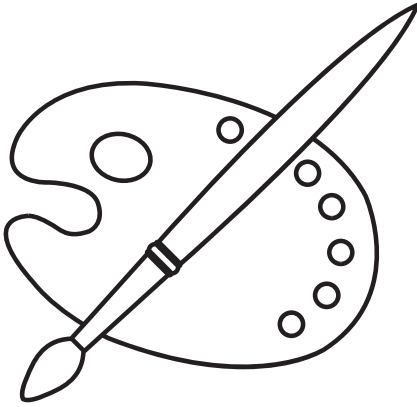
The author also thanks Debra Emmrich, Stephen Dainty, Philip Anderson, Shobha Shah and the nice people at the Big Lottery Fund.

Please note this book does not constitute medical advice and is for entertainment and educational purposes only.

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**Gratitude Journaling  
is all about finding new  
wellbeing connections  
using a combination of  
Language, Thinking &  
Creativity.**

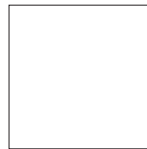
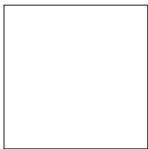
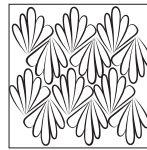
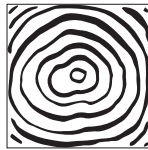
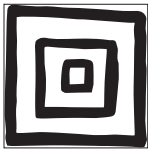




"Thank you for choosing us!"

Create a palette of complimentary colours here, that you will use to decorate your journal. Colour-in pictures whenever possible and add your own drawings and pictures to truly personalise your journey!

Practise creating your own patterns for adding decoration to your journal. Use the examples below as inspiration.



Practise using Bubble writing for emphasis...

THE QUICK BROWN  
FOX JUMPED OVER  
THE LAZY HEN.

What is the  
Playful Learning  
Method™

you might be  
wondering? It's  
that natural  
curiosity for life  
that toddlers  
have. So am I  
asking you to  
behave like a  
toddler? Yeah!

Be as curious  
and as energetic  
as a toddler. Be  
honest about  
what you like,  
what you don't  
like and have  
fun! If you want  
to have a temper  
tantrum, then  
record it for  
social media!  
That will be  
funny! Don't  
filter yourself,  
be who you are,  
live your life with





passion, with curiosity about whatever it is you're studying. When studying, do it because it interests you, do it because you want to know more about it. Don't bother if it bores you and don't do it if it makes you feel bad. Why would you do that to yourself?

Your life is so important and you have an abundant number of choices about how to spend your time. Live your best life. Use the Playful Learning Method™.



EXPRESS

YOUR

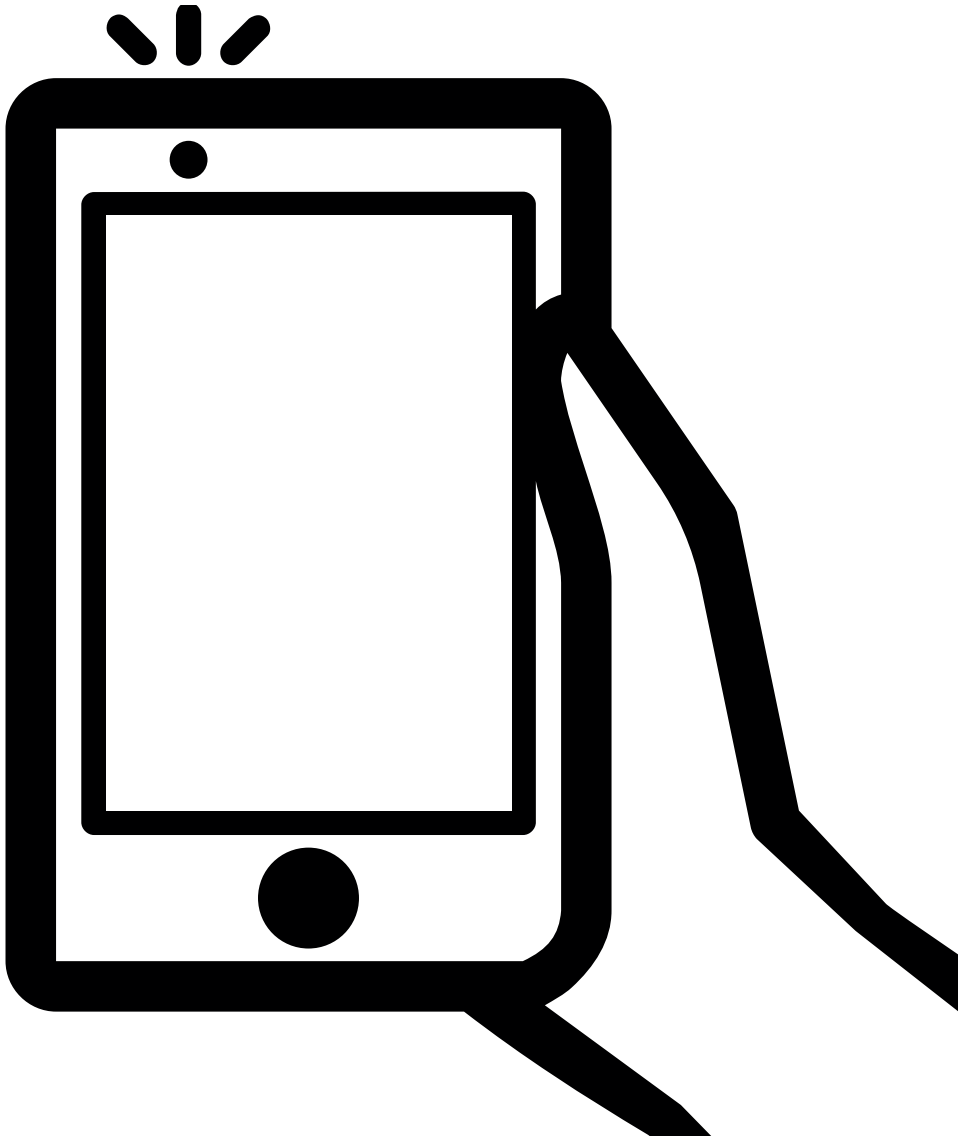
EMOTIONAL

SELF

**Pro Tip:** You don't need to have this sort of resting cat face. You can choose something kinder, gentler and more Grateful, perhaps. Changing your expression can help to foster more Grateful thoughts and feelings.



Why not take a *selfie* when you're feeling Grateful to keep the memory alive? Of course also try to photograph whatever is making you feel Grateful!



# What is Gratitude?

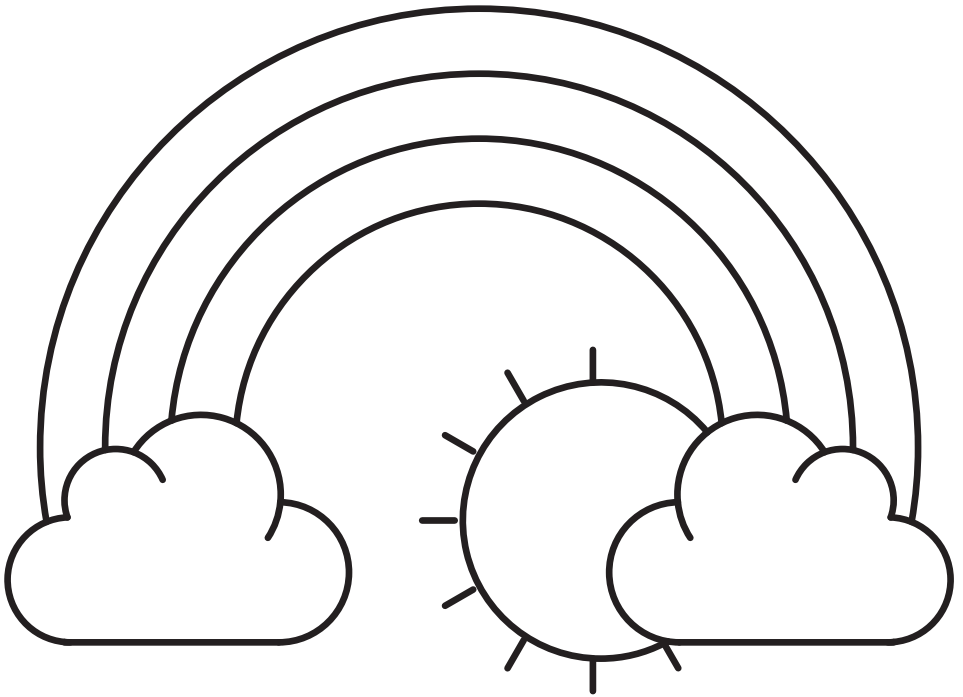
It's one of those words that we all know what it means until we try to define it. Even the dictionaries don't help that much, since each dictionary defines it slightly differently.

So for Gratitude, I prefer to use a practical working definition - one that I use to help guide me to take action. You can create your own. Currently, mine is, "Gratitude involves noticing, appreciating and being thankful." I'll continue to use this definition while it helps me to foster more Gratitude in my life and if and when it doesn't, then I'll adapt it. I'm Grateful we can try things, learn and improve.

Gratitude with a capital "G" may be grammatically incorrect but it is a way to show the importance of the concept. I encourage you to capitalise the word because it helps you to notice Gratitude and helps to make it an important part of your life.



Gratitude involves noticing,  
appreciating and being thankful.



I can be Grateful for...  
(tick or highlight all that apply)

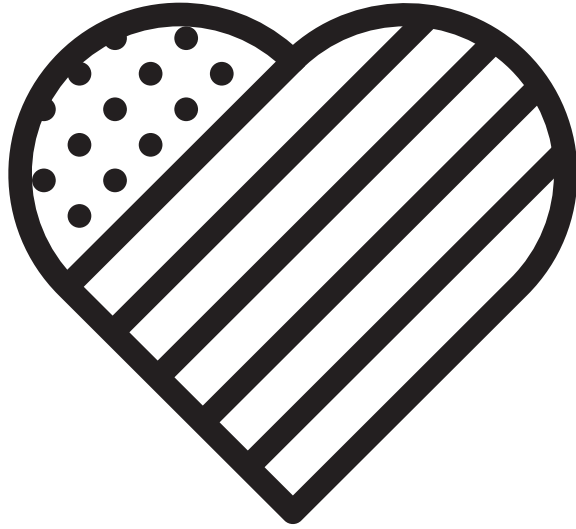
- rainbows
- sunshine
- fluffy clouds
- friends
- family
- pets
- television
- work
- money
- chocolate
- pizza
- health
- unicorns
- glitter
- Internet
- mobile phones
- fluffy pillows
- laughter
- cuddles
- food
- cats
- dogs
- music
- lemonade
- water
- love
- highlighters

This book is  
purposely designed  
in black and white  
so that you can  
apply your creativity  
to **turn your life**  
**around** through  
your words, doodles  
and colouring.

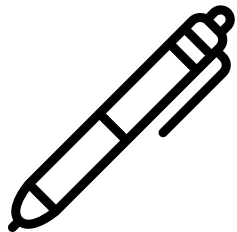
It keeps us grounded!



Are you Grateful for gravity?



Today I am  
Grateful for...



G R A T I T U D E  
R A T I T U D E G  
A T I T U D E G R  
T I T U D E G R A  
I T U D E G R A T  
T U D E G R A T I  
U D E G R A T I T  
D E G R A T I T U  
E G R A T I T U D



You will **achieve better** results for your **wellbeing** if you complete all the activities in this book.



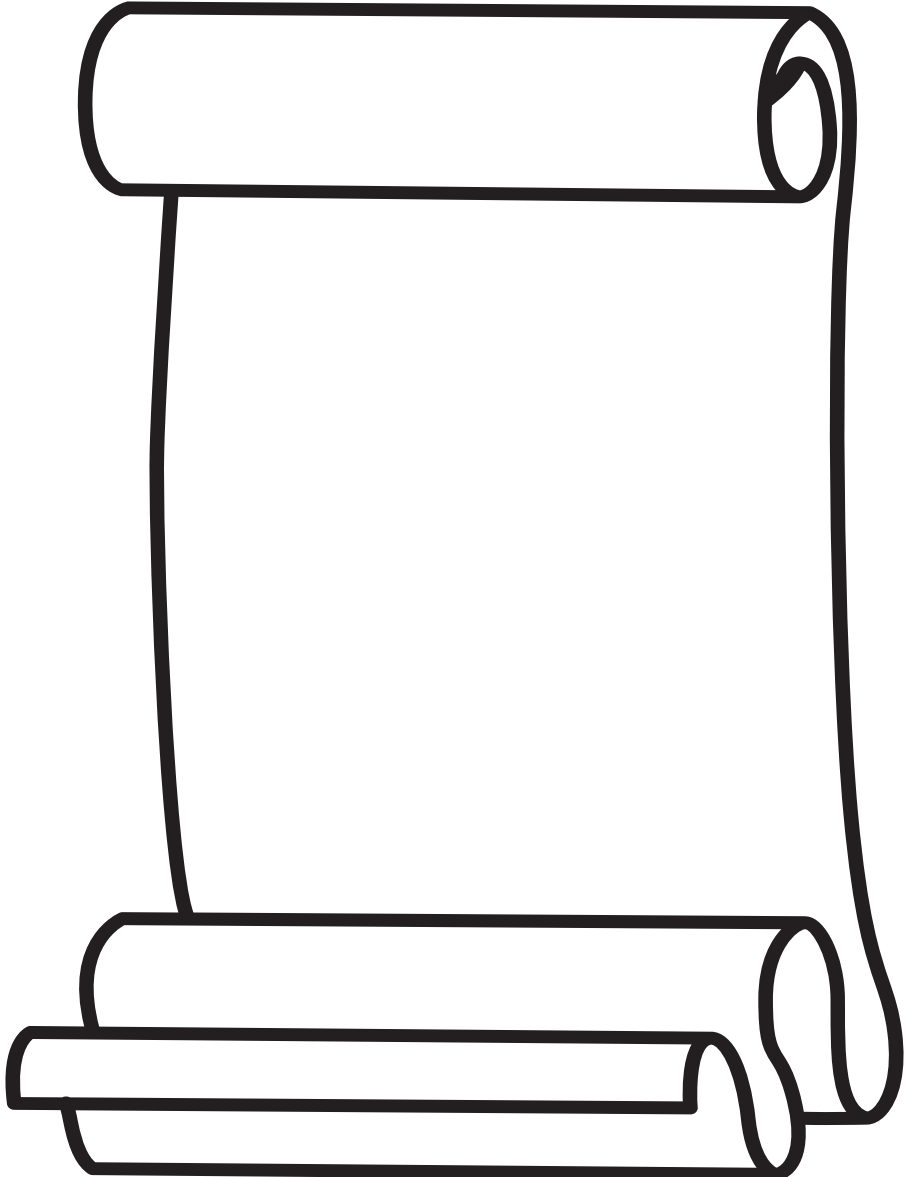
**Are you Grateful for your  
eyesight? Write down why:**

# The Friendship Constellation



Quote by Christy Evans.

**your friends**  
**What have <sup>^</sup>the Romans ever**  
**done *for you?***

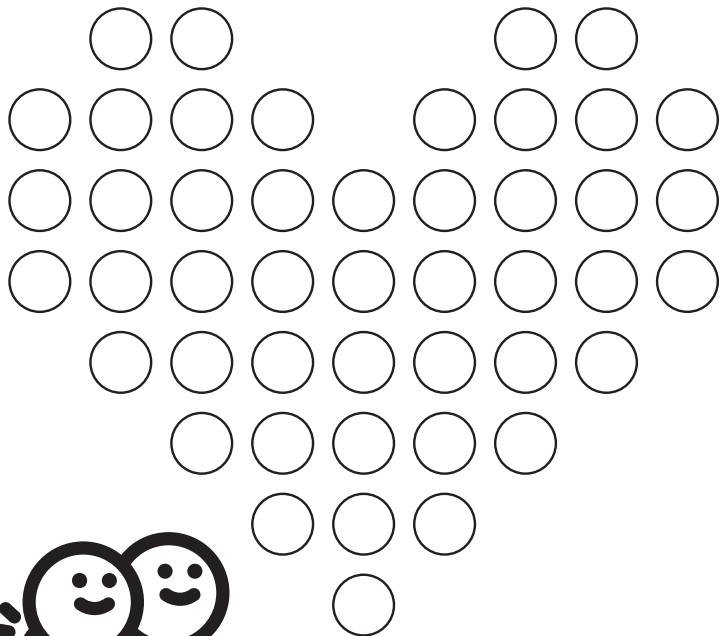


The  
Grateful  
Heart



# I love

and therefore I'm grateful for...



Our heart can be filled many times over with  
gratitude for people/memories/experiences/gifts  
achievements/capabilities/wonders/possessions  
*...and much more!*



THE MUSIC I'M  
MOST GRATEFUL  
FOR IS...

---

---





I'm **Grateful** for \_\_\_\_\_

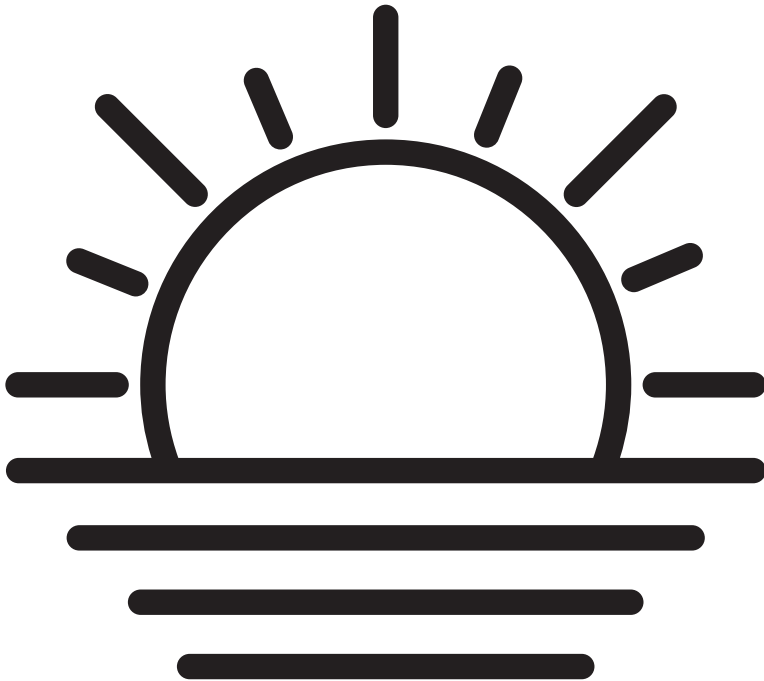
\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

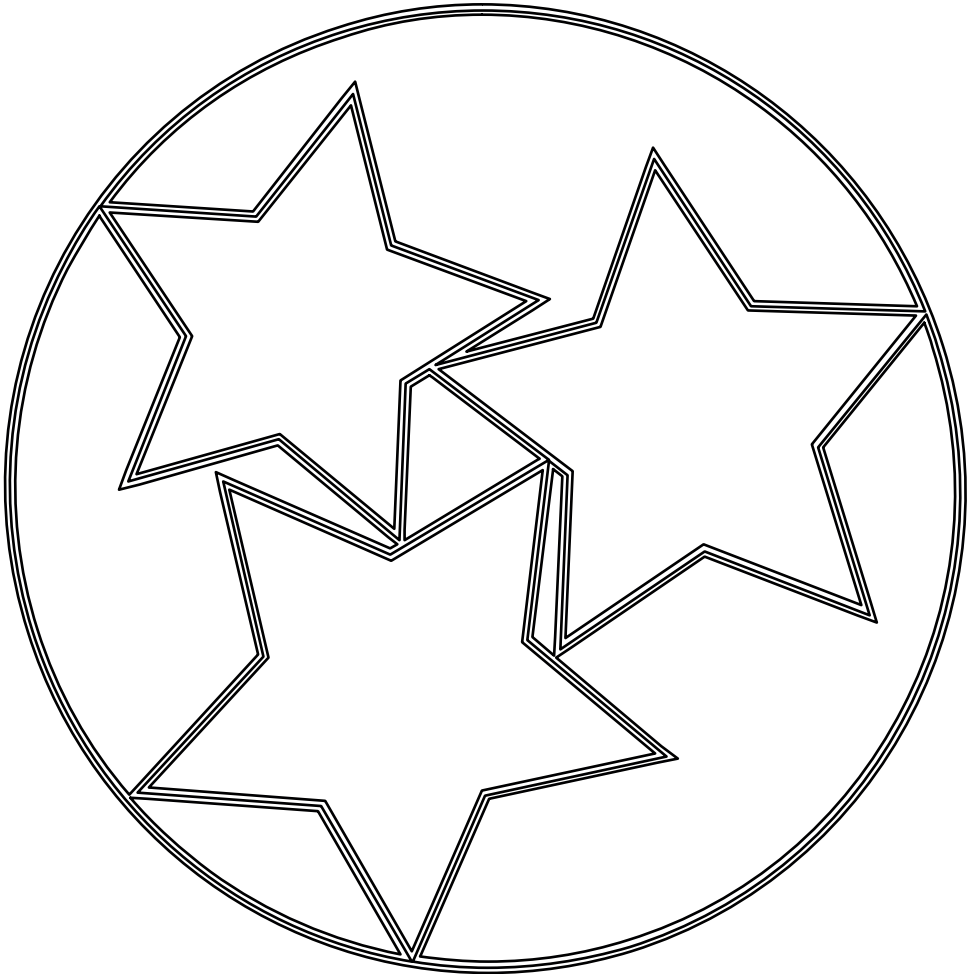
\_\_\_\_\_.

**What if you woke  
up tomorrow with  
*only* the things  
you were Grateful  
for today?**

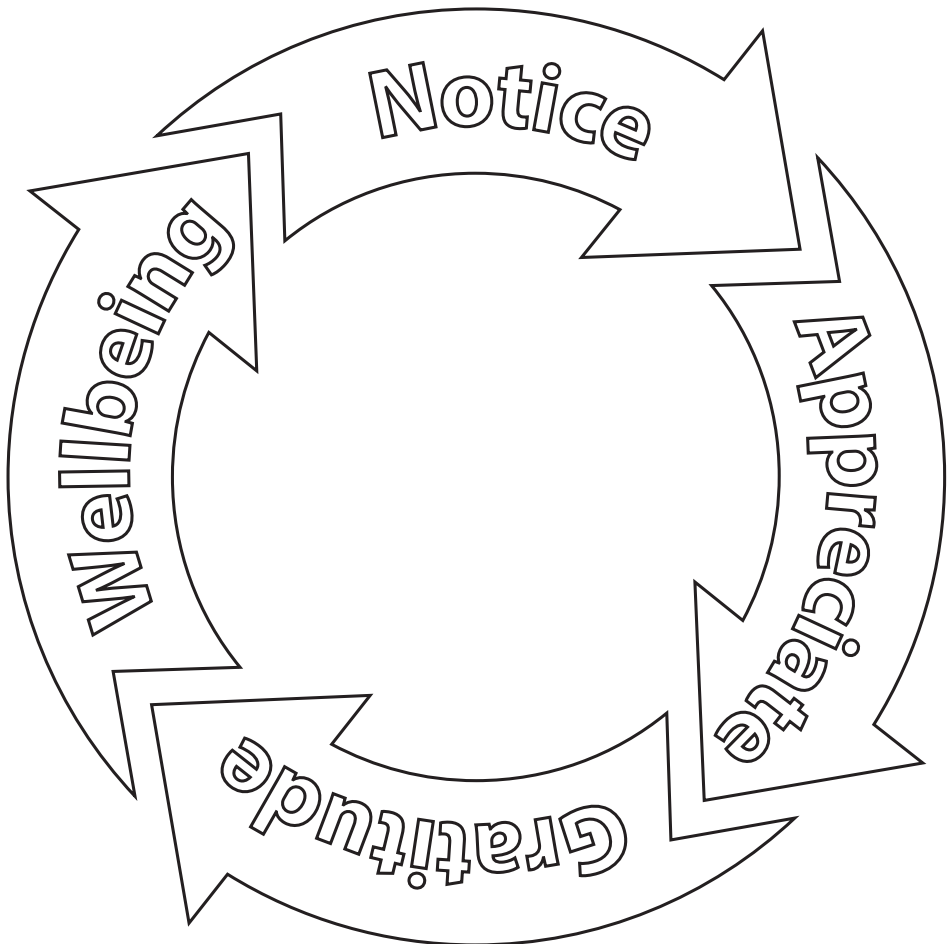




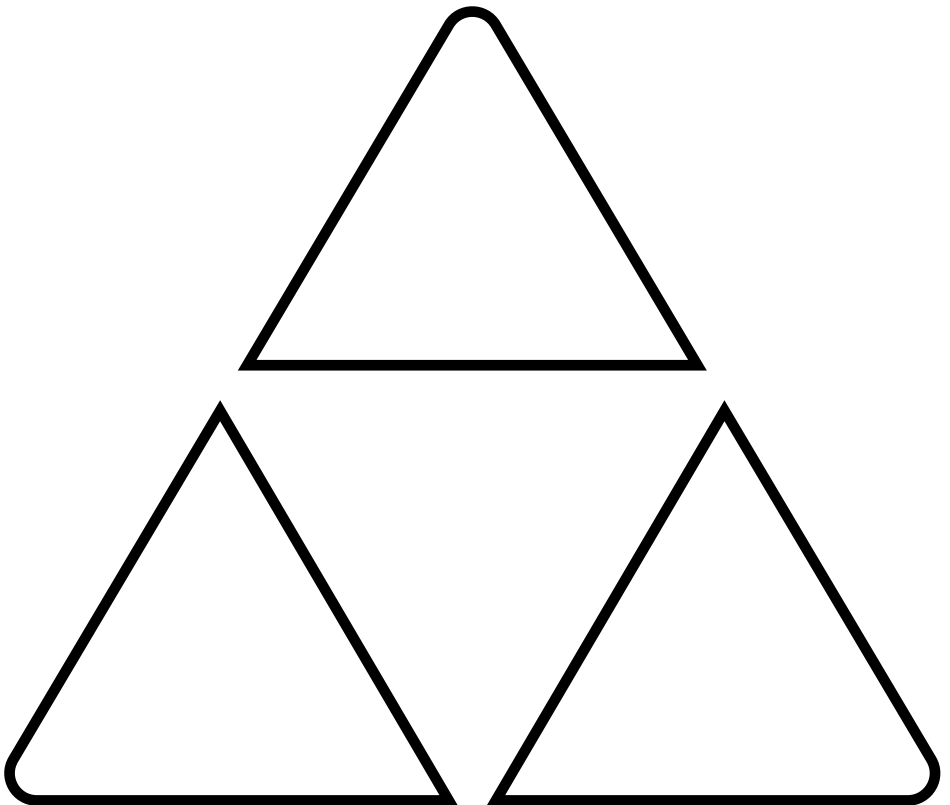
**This week I am  
Grateful for  
these three  
experiences...**



# Gratitude is part of a Virtuous Cycle



**Today I am  
Grateful for  
these three things...**



# Can you feel it?

When you can think of something to be Grateful for, but you don't yet have that feeling of Gratitude, try the following exercise.

Imitate the emoji's expression (on the right), while thinking of that something. By doing this you are looking Grateful and thinking Grateful thoughts. Try it many times with different Gratuities. What do you notice?

I noticed \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

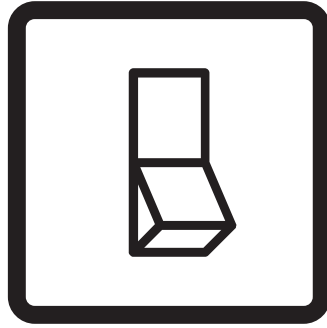
\_\_\_\_\_



We can create the feeling of Gratitude by acting Gratefully.



Gratitude can switch your thinking



Even though I'm feeling \_\_\_\_\_

\_\_\_\_\_

I'm still **Grateful** for \_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

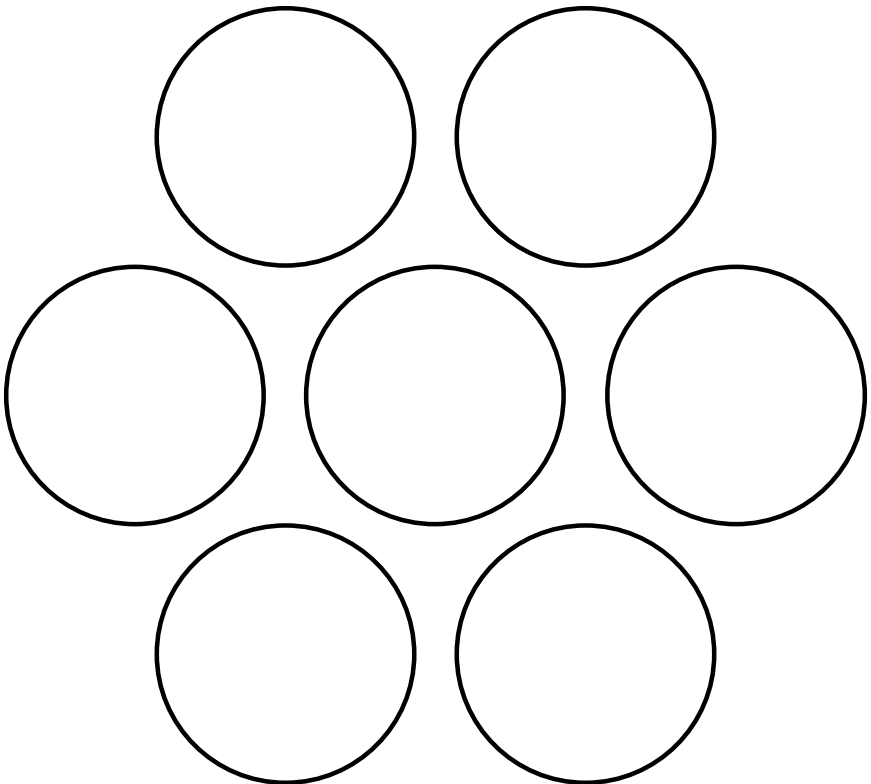
\_\_\_\_\_

\_\_\_\_\_.

Create your own emoji in a circle each time you use the hashtag **#stokeyourgratitude** on social media.

Your target = 7 emojis.

If you make your posts public we might comment!



**Someone once said:**

**“When life is sour,  
sweeten it with  
Gratitude.”**

When we add a sweetener, we are not taking away what caused the sour because it is still there. What we are doing is diluting the strength of the sourness and adding more pleasantness. The sour is still desirable because it creates contrast with the sweet.

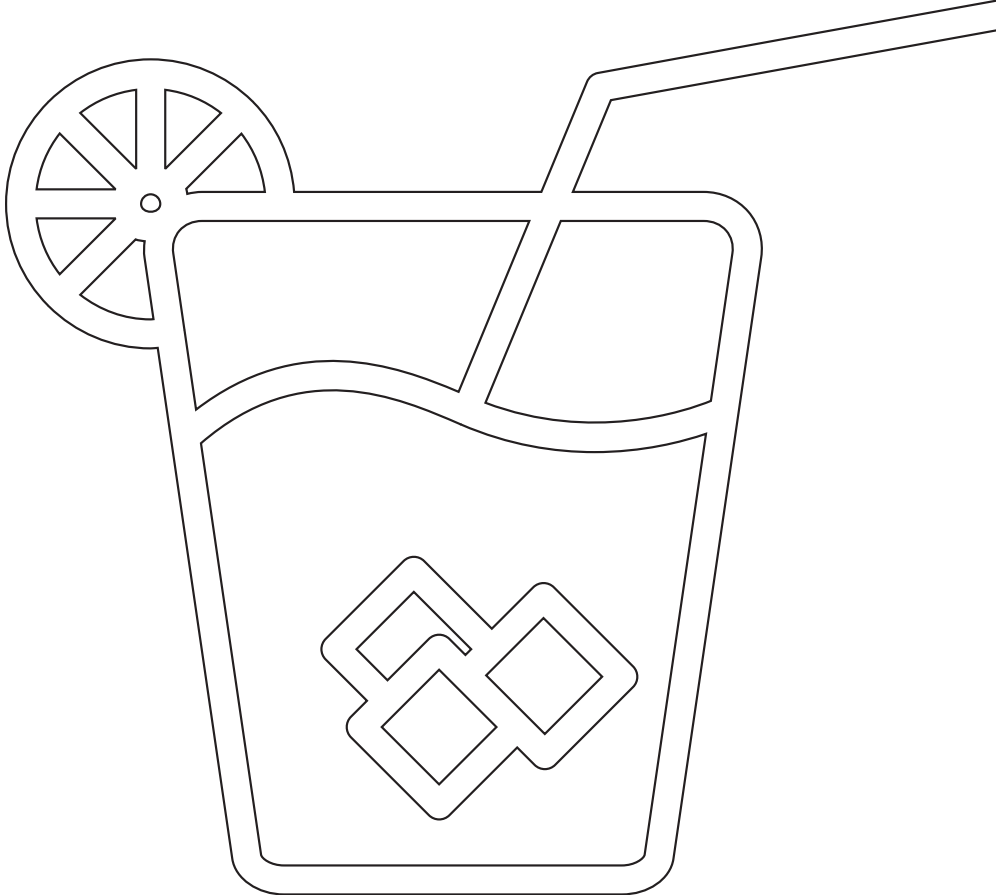
Lemonade wouldn't taste great if it was just sugar and water, would it? In a similar way, we can't fully experience the joy in life if we didn't have problems and unwanted feelings. They provide us with the contrast that we need to notice and appreciate the sweet wonders of life.

Colour in the picture and take a selfie of you drinking from the straw! If you're feeling playful, share it on social media with the ridiculous hashtag:

**#gratitudeiscaloriefreefatfreeglutenfreeandsuitableforvegans**



**Gratitude is  
calorie free,  
fat free, gluten free &  
suitable for vegans**





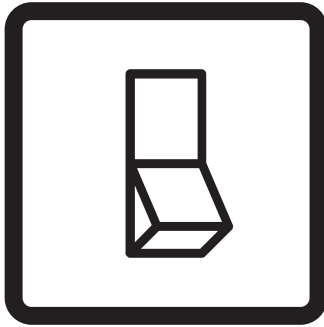
I'm **Grateful** for \_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.



Even though I'm feeling \_\_\_\_\_

\_\_\_\_\_

I'm still **Grateful** for \_\_\_\_\_

\_\_\_\_\_

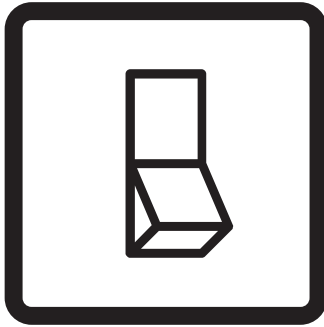
because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

Here, there, and the route you've travelled.  
Then, now, and how far you've come along.  
Which of life's journeys are you Grateful for?





Even though I'm feeling \_\_\_\_\_

\_\_\_\_\_

I'm still **Grateful** for \_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

# Finding Gratitude in

There are some things for which I am not Grateful, such as paying to park, and my fiancée's snoring. The delusion in thinking is that even though we might not like some things, there is nothing connected to that for which we can be Grateful. However, even in the most horrible of circumstances we can use lateral thinking to identify somethings for which we might be be Grateful and so improve our understanding of the situation.

Let's focus on the worst of these: my fiancée's snoring. It is not easy for me to fall asleep, unless I'm watching Premier League football, and so my fiancée falls asleep quicker than I do. Once the snoring begins, and I've checked the online news sources for confirmation that there are no earthquakes occurring, I'm then resigned to utilising ear plugs to save myself from doing a Van Gogh. Yet, if I was to reframe the situation I could see that I am fortunate enough to have a wonderful fiancée who will tolerate me, even once she has read this page, because she has a good sense of humour (fingers crossed). Secondly, I have hearing that functions well enough to hear every nuance of the rumble. This is a great way to review situations that

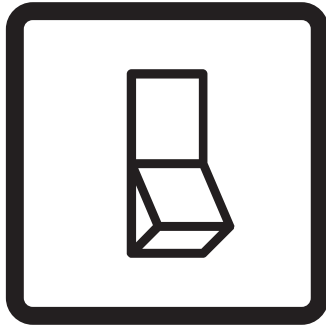
# Annoying Situations

are uncomfortable, annoying and even distressing. We might not like the situation and we may be driven to consider affixing a Fixed Penalty Charge Notice upon her for contravening Section 5 of our Relationship Agreement (“Thou shallst not get in the way of Bret’s sleep”). However, Gratitude makes the situation feel a bit better: ‘I’m loved, wanted, desired and I can hear that she’s still alive.’ It’s a tongue in cheek way of looking at situations.

It may not fully take away the sting of paying for car parking charges, but knowing that with great privilege comes great costs, we can see that even the annoyance of paying for parking is based upon things for which we might be grateful: having a car, the ability to drive, the convenience of driving, having somewhere to go and having the funds to be able to pay the car parking charges. Identifying the hidden benefits might make you feel a bit better. This shift in perspective helps us to find Gratitude when faced with these minor irritations.



You can dislike something and still find things for which to be Grateful.



Even though I'm feeling \_\_\_\_\_

\_\_\_\_\_

I'm still **Grateful** for \_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

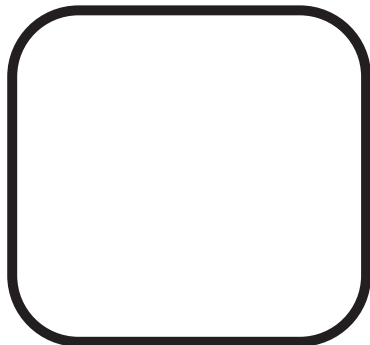
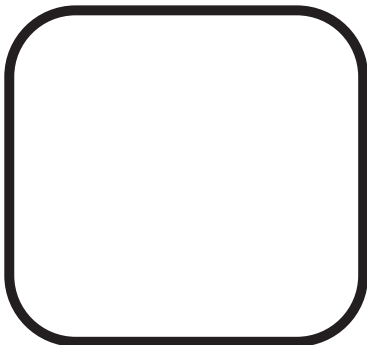
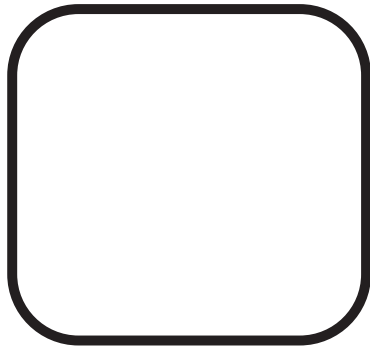
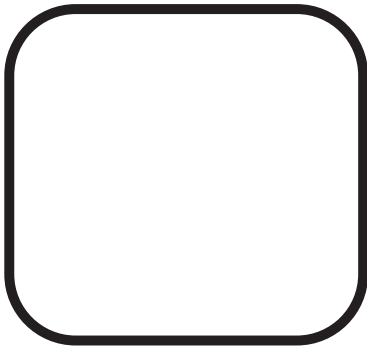
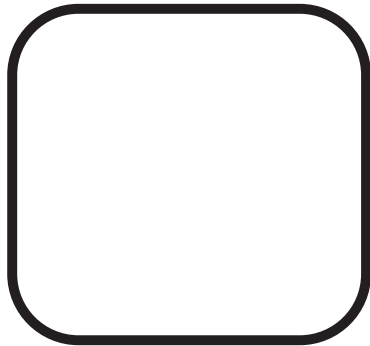
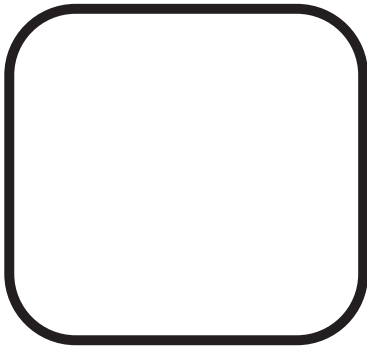
\_\_\_\_\_.



***These experiences made  
me who I am today.***

***Thank you!***

[Fill in the boxes with words/pictures  
to remind yourself]



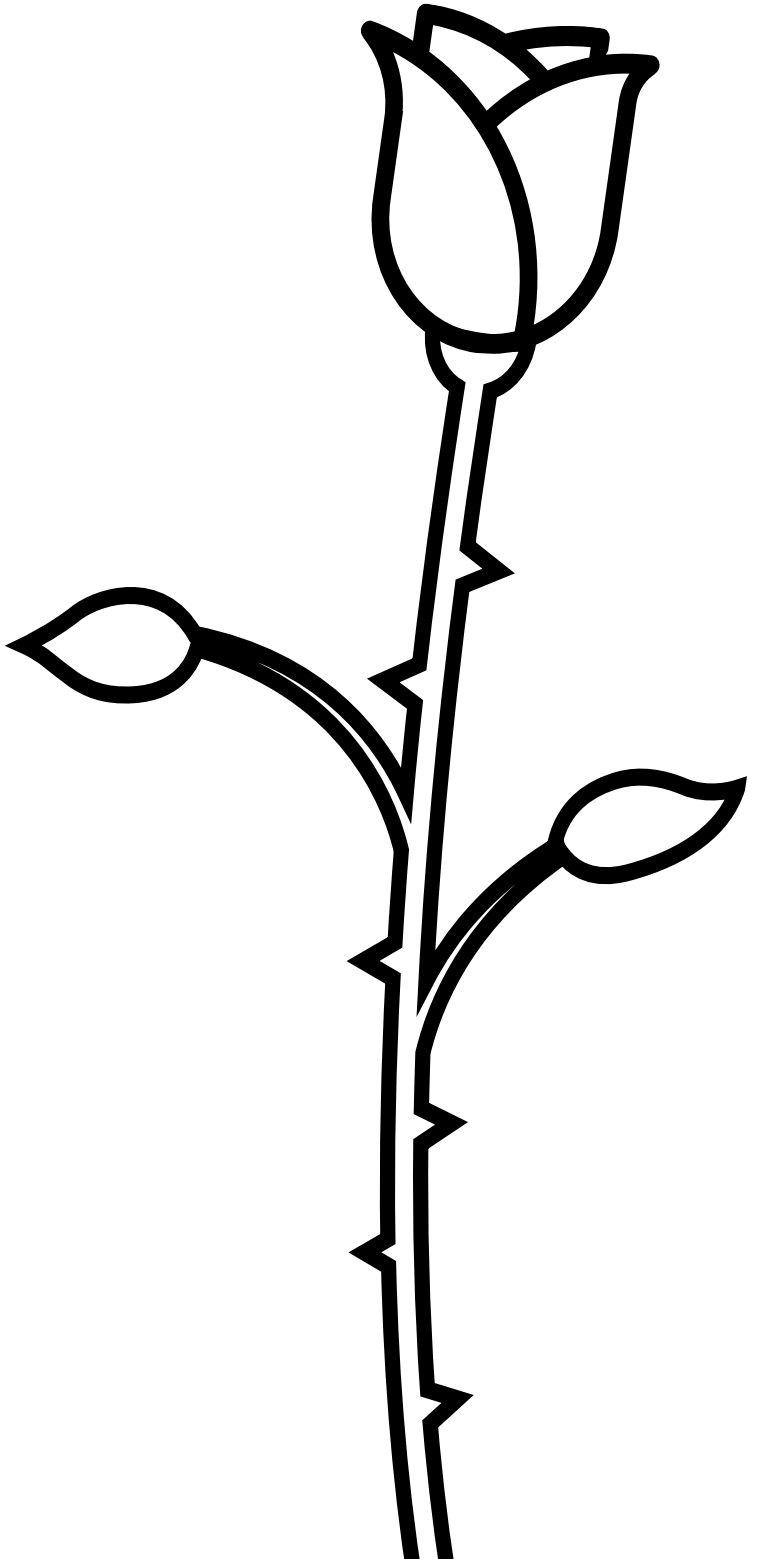
# ***Life is not a bed of roses***

Life is not a bed of roses. And that's a blessing. Who wants to lay upon a bed of thorny roses? They would hurt as you tried to sleep. Certainly, the reality of life as a human is that we are provided with an abundance of irritations, inconveniences and sorrows, even with those people, events and things that we think should be giving us joy.

We can use Gratitude as a wellbeing tool to examine our life, at any moment, to find some benefit for which to be Grateful. In this way we shape our perception of the circumstances in which we find ourselves. It allows us to take control over the way we perceive our life, rather than letting external factors control our thoughts and feelings. In a way it allows us to smell the roses, pluck the petals and discard the thorns into the garden waste recycling bin. The thorns still exist, but they are removed from stabbing you in the back as you sleep.



Gratitude helps you to focus on the soft and fragrant petals.





I would/would not\* **recommend**  
this book to my friends.

(\*delete as applicable)



I would give this book \_\_\_ **stars**  
out of 5.

The **best thing** about this book

is \_\_\_\_\_  
\_\_\_\_\_.

It has **helped me to** \_\_\_\_\_

\_\_\_\_\_.

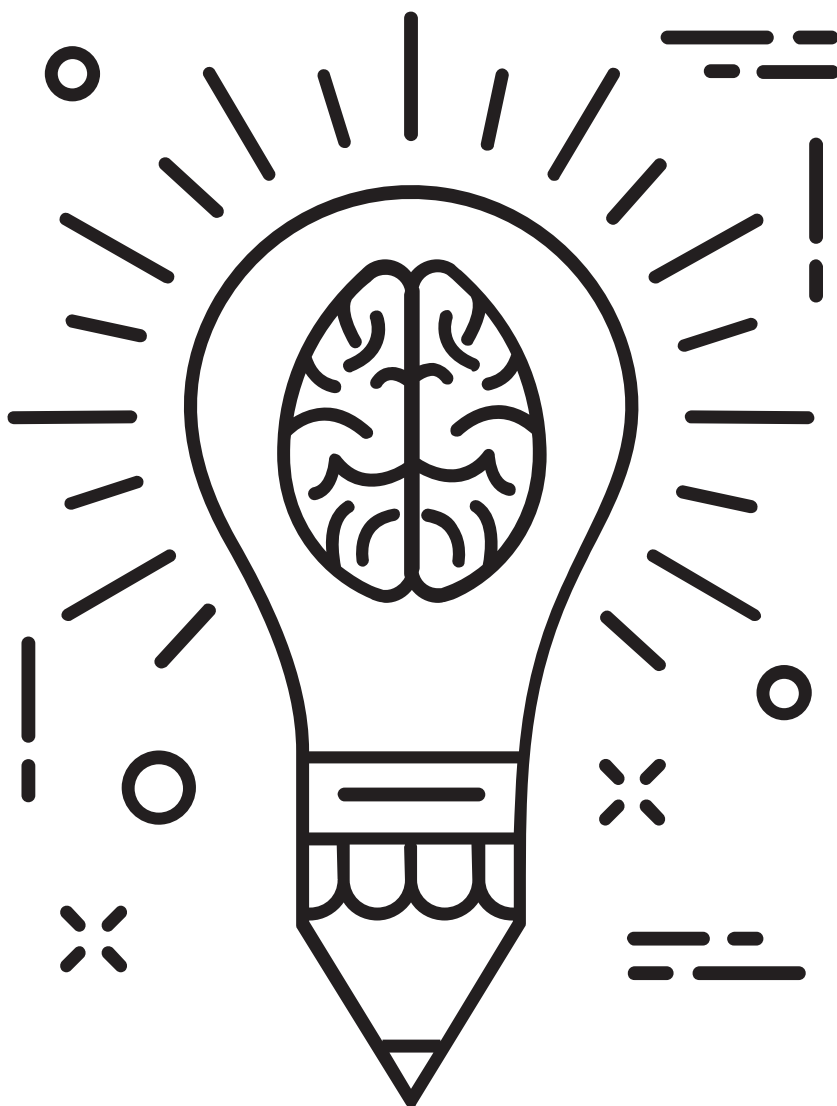
**Express yourself creatively  
to grow more Grateful** |||➔



Journaling is the root

**Picture your Gratitude**  
**Draw your Gratitude**  
**Colour your Gratitude**  
**Express your Gratitude**  
**Poem your Gratitude**  
**Write your Gratitude**  
**Doodle your Gratitude**  
**Photo your Gratitude**  
**Sketch your Gratitude**  
**Video your Gratitude**  
**Dance your Gratitude**  
**Sing your Gratitude**  
**Love your Gratitude**  
**Show your Gratitude**

**Use the blank pages ahead  
to take any notes and to  
*creatively* express your  
Gratitude!**

































# Thank you dear reader!

Writing for an audience sometimes helps the writer just as much as it does the reader. It helps to focus the attention on what is inside the writer's head into words that make sense to other people.

This is completely different to writing just for yourself. When it's just for your eyes, parts of the meanings are still contained in your mind and so your writing only fully makes sense to you.

One of your journal entries that is shared can inspire many others. I've gained a richer understanding about Gratitude because of you, dear reader. I'm picturing you holding this book and gleaming from it some golden nuggets of wisdom that may help you to lead a healthier and happier life.

Please continue to share your Gratitudes publicly with the world and use the hashtag #StokeYourGratitude to connect with other like-minded people.

Thinking about your new life using Gratitude as a wellbeing tool has brightened up my day. Thank you!



# About this book

“This book gives you a practical guide about how you can use Gratitude as a wellbeing tool. The creative activities will help you to find more people, things and events to be thankful for in your life. There are plenty of pictures to colour too and these will help you to remember some of the important learning points.

Remember: your time is valuable and any time you invest in improving your wellbeing is a worthwhile investment.”

Bret Shah (The Author)

[StokeYourGratitude.org.uk](http://StokeYourGratitude.org.uk)  
[#stokeyourgratitude](https://twitter.com/stokeyourgratitude)



**NATIONAL  
LOTTERY FUNDED**