

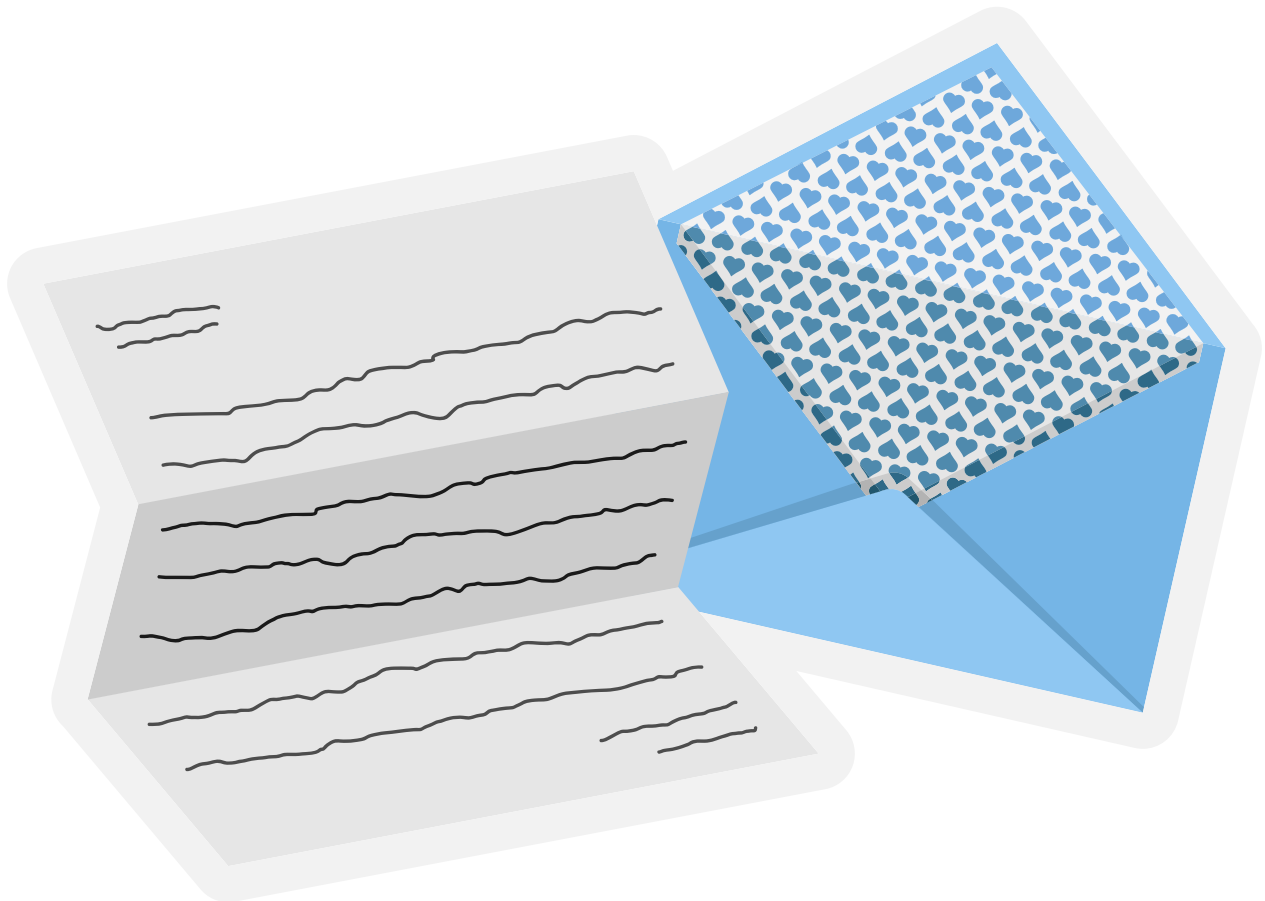
BELIEVE IN YOU

Name:

Date:

THE LAW OF **GRATITUDE**

A 5 DAY JOURNAL EXPERIENCE



This journal is designed for students and adults. *Go Be Great!*

VARSITY  **BRANDS**

BELIEVE IN YOU

GRATITUDE

/noun/

The quality of being thankful and ready to show appreciation.

Welcome to the 5 Day Law of Gratitude Journal.

This book is designed for people who want to tap into the power of gratitude and its ability to attract joy, contentment, and a feeling of accomplishment. **This 5 Day Empowerment Journal will help you discover the Law of Gratitude.**

What is the Law of Gratitude? It's the idea that when a person demonstrates gratitude for each step of life's adventure - that person will have a successful journey. Does this mean that everything will go as planned? No. Does it mean that bad things never happen? Nope.

However, it does mean that even when plans change or challenges become obstacles, there is always something to learn and appreciate.

So, every day for the next five days, take 10 minutes to read, think, and write. Read the page for the day, think about the writing prompt for 3 minutes, and then write a few sentences in the space provided. This short amount of writing will train your brain to find gratitude.

When you need to, return to this journal and repeat the process. Every once in a while we all need to be reminded to focus on gratitude. **The Law of Gratitude can make a lasting difference in your life.**

We Believe In You. Go Be Grateful!

This journal is free to everyone as a public service of Varsity Brands.

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BELIEVE IN YOU

Be Kind – Always.

Be generous with your positive energy and considerate with your words. Every person has unique potential for greatness. Honor that potential and help it grow with simple and powerful acts of kindness. A positive comment or simple compliment can change a person's day. Even when you're frustrated or feel hurt or offended, it's important to be mindful of how you are projecting your energy.

Remember to be kind to yourself.

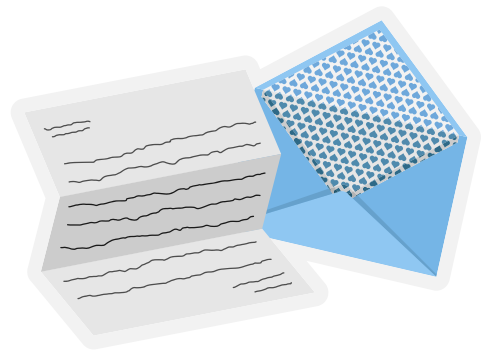
DAY 1

While practicing kindness toward others, remember to be kind to yourself. Keep your self-talk positive and be patient when you make mistakes. You're improving with every lesson learned.

Counting acts of kindness.

Make 2 lists. In the first list, include 2 or more acts of kindness that you've seen others make in the last year.

In the second list, include 2 or more acts of kindness that you've made.



BELIEVE IN YOU

Recognize the Good Things in Life.

Looking for life's treasures takes effort, but it's worth it. The brain is wired to look for negative experiences to help keep us safe from danger. It's also natural to remember that negative stuff because those memories might help us avoid danger in the future. However, getting stuck in negative thought patterns is not good for our bodies or our brains. Building a gratitude habit can help us stay unstuck from negativity!

DAY 2



Look for life's treasures.

Gratitude is a social emotion. When we look for reasons to be grateful we find the good things in life, and we'll recognize where those good things came from. That will help us celebrate the source.

Follow the treasure map.

Write down 1 thing that you're grateful for. (For example, being part of a club or team.)

Next, list the people and systems that make that thing possible for you. That list is your gratitude treasure map! (For example, who drives you to meetings and practices? Who coaches or leads your group? Where are your meetings/practices held? Etc..)

BELIEVE IN YOU

Collect Meaningful Experiences that Help You Grow.

The greatest things in life are not things - they are experiences.

Experiences build memories that teach us about who we are and what our place in the world is. Experiences connect us to other people and to places. Even challenging experiences teach us valuable lessons and give us wisdom that we can use in the future.

Be a collector of experiences! Use a journal to reflect on and remember why important experiences are worthy of your gratitude.

Be present and appreciate where you are. DAY 3

In today's world it can seem important to "share" your experience on social media. But, before you pick up your phone to snap a photo or video, consider the importance of sharing your experience with the people who are there with you - in real life.

Start your collection now.

Let's practice keeping an experience journal. Think back to an experience that you had in the past year that was especially meaningful.

In the space below, give the experience a name, briefly describe what happened, then explain what made it meaningful for you.

Next, go get a blank notebook and start an experience journal where you can collect your experiences.



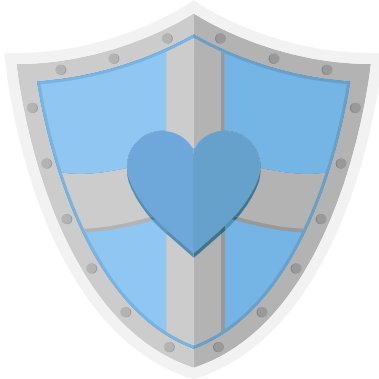
BELIEVE IN YOU

Protect the People that You Love.

Let's be honest, you can't protect people from every challenge and hurt. What's more - you shouldn't try to shelter the people that you love. **Challenges and struggles are what make us stronger.**

So, what exactly should we protect the people we love from, and how do we do it? One of the most dangerous things in the world is loneliness. The negative effects of trauma take root when we struggle alone, Protect the people you love is by being present in their lives in a kind, patient, and meaningful way.

DAY 4



Create a shield of connection.

There are several ways to build connections that fight against loneliness. Pick 1 or 2 and start the important work of protecting the people that you love. For example: schedule regular calls or visits; volunteer with a local organization that helps people; invite someone to join you for a walk or a fun form of physical activity.

Make a plan to be a protector.

Write the name of 1 person that you really care about. Next, list 2 ways that you can connect with that person on a regular basis (for example, a regular visit or invitation to a fun activity). Finally, give a specific time or times that you'll make that connection.

BELIEVE IN YOU

Extend Forgiveness to Yourself and Others.

To forgive means that you are letting go of anger and resentment toward someone for doing something hurtful or making a damaging mistake. Most of us find it difficult to forgive people who hurt us, and we can also find it difficult to forgive ourselves after a mistake.

Make the decision to forgive. It can have a very positive impact on your health and well-being. Research says that forgiveness may lower our risk of heart disease and reduce anxiety and depression.

Learn to be more forgiving.

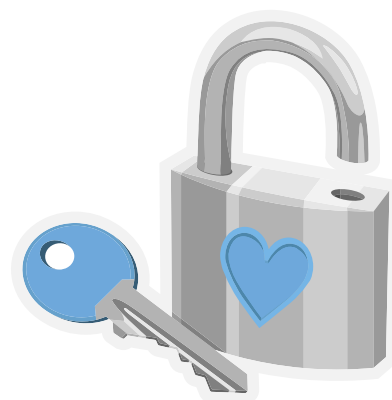
Forgiveness is an act of courageous compassion. It's not as easy as just saying, "I forgive you." Often, it must be done quietly and in your heart. You must make a decision to release challenging feelings and then follow through with actions.

Decide to forgive.

Start with yourself. Most of us have both big and little things that we regret and can't forget. Let's use one of those things to practice forgiveness.

Write 2 short statements. First, write something you could say to yourself to express the act of forgiveness. Second, write what you might say as an expression of gratitude for that forgiveness.

DAY 5

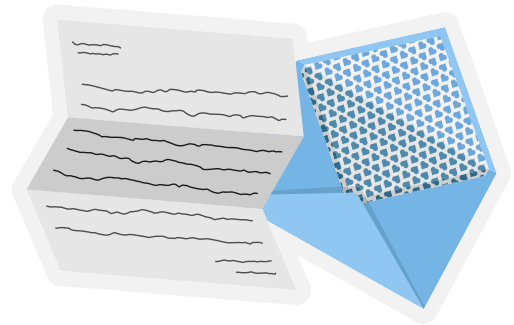


BELIEVE IN YOU

Give an Attitude of Gratitude.

Every day is an opportunity to be grateful. Embrace the Law of Gratitude and look for greatness in the people and events that make your life beautiful.

In your own words, what is the Law of Gratitude?



In this space, list all of the things that you're grateful for.
Don't stop writing until you fill the space.



BELIEVE IN YOU

LEAD BY EXAMPLE Priority Learning Outcomes

Based on CADA Student Leadership Standards

This journal-based experience is designed to help individuals reach the following leadership outcomes:

Communication

- Individuals will reflect on successes and areas for growth with growth mindset and optimism.

Personal and Social Development

- Individuals will identify emotions, thoughts, and values that impact behavior and self-efficacy.
- Individuals will analyze personal strengths and areas for improvement with healthy self-perception, self-competence, and growth mindset.
- Individuals will access and utilize self-management and self-regulation tools and strategies related to stress, motivation, discipline, and impulse control.

Civic and Service Learning

- Individuals will experience, reflect on, and recognize the value of serving others.
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The world needs you. We Believe In You.

For more information about the CADA Student Leadership Standards visit www.cada1.org

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