

FIVE KEYS TO GRATITUDE

Five Keys Cares



Introduction to Our Gratitude Journal

At Five Keys we strive to ensure we are facilitating our employees' overall health and well being. One of the ways we can support our own well-being as staff members is to create a daily practice of gratitude. Decades of psychological research have proven that those people who live lives with an attitude of gratitude are not only happier emotionally but also healthier physically. People who consciously practice gratitude are often more generous, compassionate, and forgiving, which can lead to greater satisfaction in the workplace as well.

However, staying focused on our personal path and career goals can be especially challenging when every day we are faced with images in our neighborhoods and headlines in the media highlighting violence, disease, and political conflict. Because Five Keys works in the realm of social justice, it can be particularly difficult to maintain a perspective of gratitude when we witness firsthand the direct impact of inequities in our clients and students' lives. Doing so can be a very important part of our work, though.

Noticing the small, daily positive impacts and changes we are making in our clients' lives at Five Keys can help us stay the course as we move toward a more just society together. Intentionally observing and showing gratitude for who you are, what you accomplish, and what you have can pave the road to get where you want to go in the future.

As you utilize this gratitude journal, we invite you to write freely about whatever it is you are grateful for, small and big, personal and professional.

5 KEYS TO GRATITUDE

You may be familiar with the health benefits of expressing gratitude or starting a daily practice of journaling. But what exactly, can we gain from making gratitude a part of our daily practice?

Helps Reduce Toxic Mindset Patterns

How familiar does this sound? One bad thing happens to you, then suddenly 20 more bad things happen. It creates an avalanche effect that you can't seem to help . But what if that happened simply because of your own toxic mindset? Sometimes we try our own encounters with toxicity because of how much the world is sending our way at one time. However, using gratitude , no matter what is going on in your life, you find a way to be grateful. It is easy to change a toxic mindset into one of gratitude if we initially build the muscle of gratitude.

Can Reduce Stress Levels

There is this amazing effect that occurs when you start expressing gratitude. The stress you have in your life begins to diminish. It is going to magically disappear, but suddenly what you were worried about doesn't seem as important. The big things you thought you the worst you could handle, no longer ruin your days because you understand how many good things happen in your life.

5 KEYS TO GRATITUDE

Restoring Health

Studies have shown that feeling thankful can improve sleep, mood and immunity. Gratitude can decrease depression, anxiety, difficulties with chronic pain and risk of disease.

Reducing Depression

Research shows it can reduce stress and improve physical and mental health. "... many studies over the past decade have found that people who consciously count their blessings tend to be happier and less depressed.

Better Sleep

How many times have we stayed awake all night or never go into a deep sleep. According to the CDC, one in three American adults doesn't get enough sleep. That means they're missing out on proven health benefits like reduced chances of diabetes, heart disease and stroke. Gratitude can help. Those who rate themselves as more grateful report better sleep quality, longer sleep and a greater ability to fall asleep quickly.

The beauty of gratitude is that your mind opens up to your life as a whole, and how balanced it is, not just dwelling on what you believe is a flaw in your life.

5 KEYS OF JOURNALING

Different Ways to Express Gratitude

Do you want to start a gratitude practice, but you're not too sure about where to start? Not to worry – there are a few different options that will make it a simple routine you add to your day. Before long, you will do it without even having to think about it.

Keep a Five Keys Gratitude Journal, or Write in Your Main Journal

Naturally, our first tip is going to be to have a journal you write your gratitude in. We have developed our own journal of gratitude for you to use, but if you want something different, pick up an inexpensive journal that you would enjoy using, and simply start by writing down a list of what you are grateful for each day. Already an avid journal writer? Great! Use that journal for your gratitude.

Start Simple

You can keep it simple, so you don't feel like your journaling routine is suddenly an hour long. It should only take a few extra minutes to add gratitude, and provides so many amazing benefits. You might find that in the beginning, you only write a short list of a few things you are grateful for, but then over time you start elaborating and explaining why you are grateful for these things.

5 KEYS OF JOURNALING

Be Grateful Throughout the Day

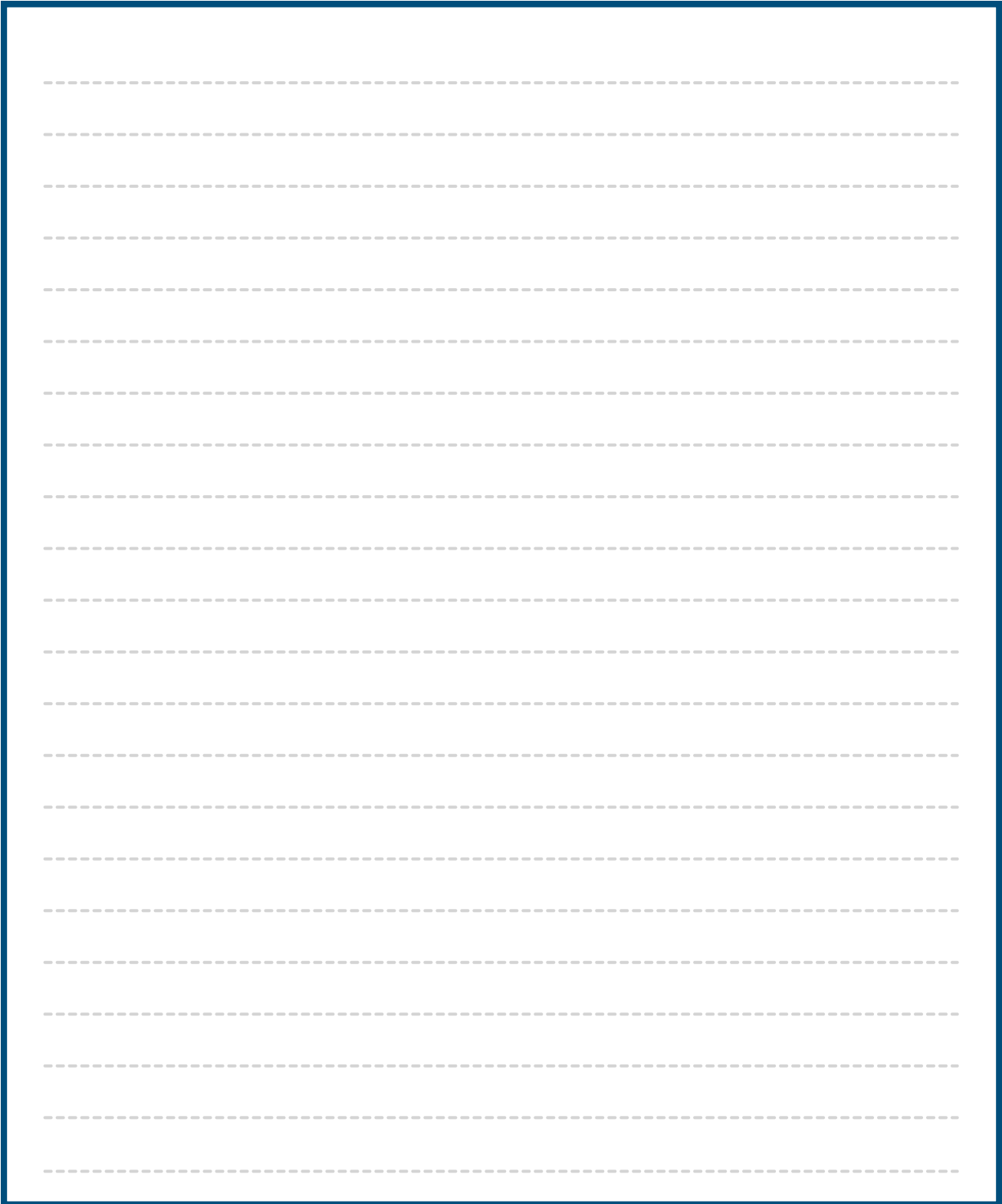
Find moments in your life when you feel the most grateful, not just when you are sitting down to write in your gratitude journal. Say it out loud or just silently to yourself. When you get into your car in the morning, be grateful it started without any issues. If you managed to avoid traffic on the way to work, be grateful for that! There are so many amazing moments in the day that bring you blessings, especially the simple ones people often take for granted.

Start a Gratitude Jar

Another fun way to start a gratitude practice is to use a gratitude jar. Instead of using a journal, you would get post-its or small pieces of paper, write something you are grateful for, and fold it up before placing it in a big jar. This is also an easy way to involve everyone in the family. Make a nightly routine where everyone writes down something they are grateful for, then puts it in the jar.



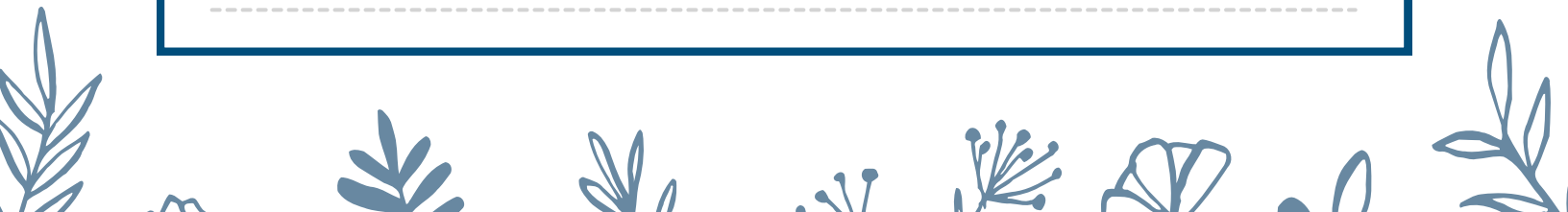
What are 3 things you are grateful for right in this moment?



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List five small ways that you can share your gratitude today.

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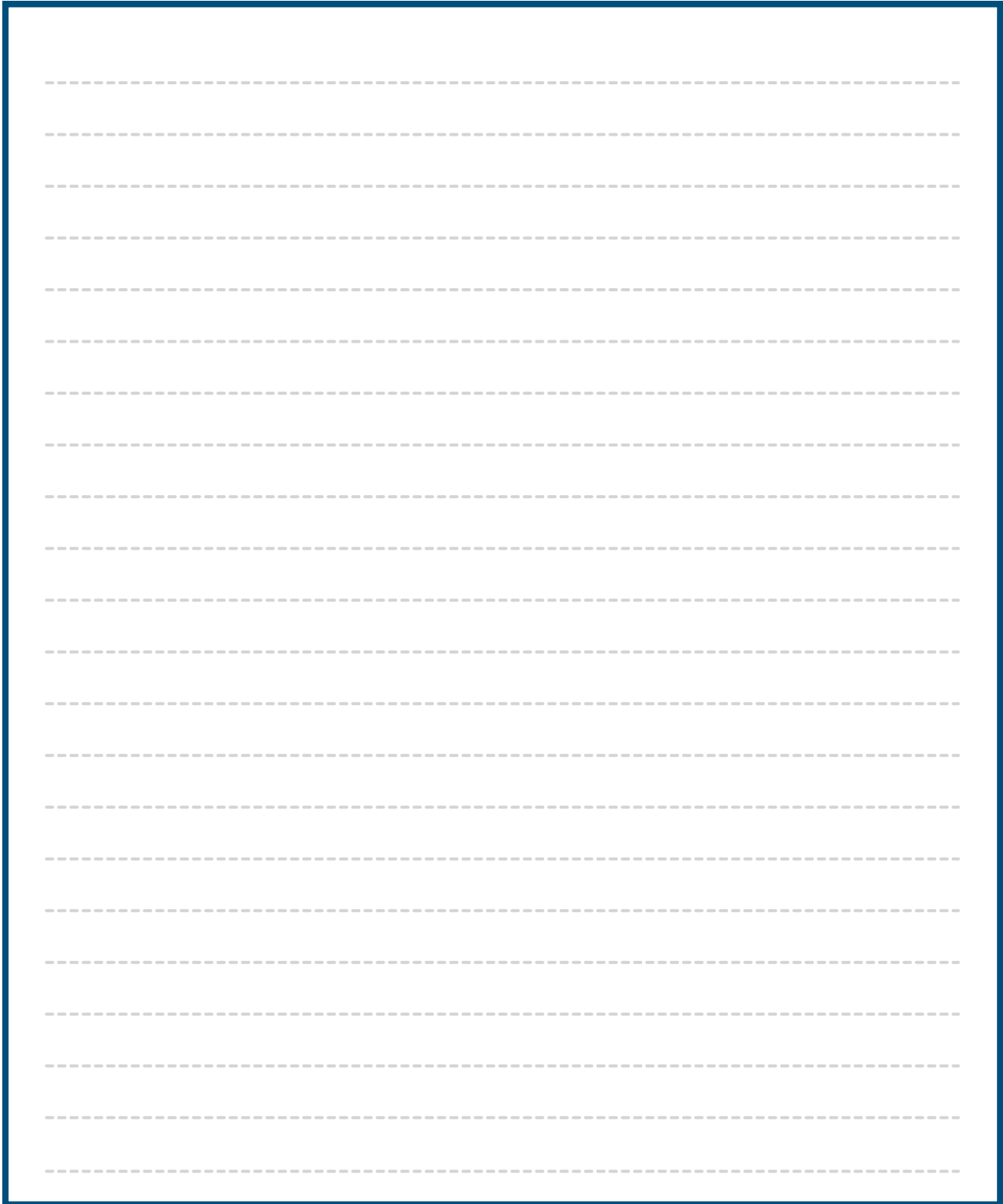


BE THANKFUL

BE GRATEFUL

BE BLESSED

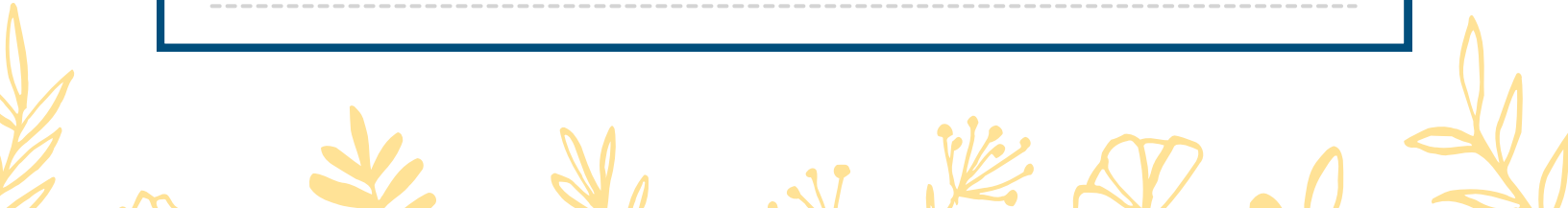
Who is someone you have appreciation and gratitude for?



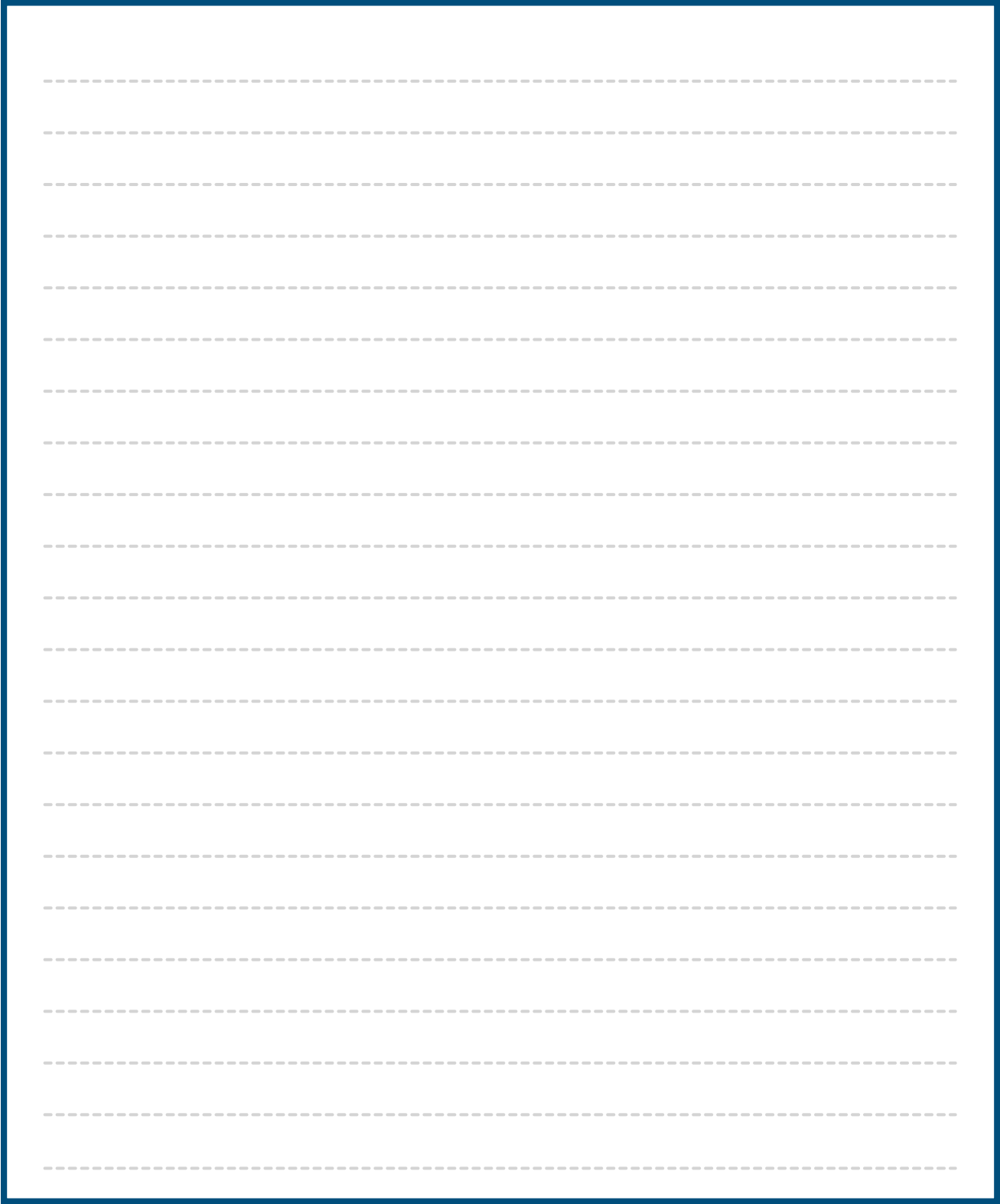
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What skills and abilities are you grateful for and why?

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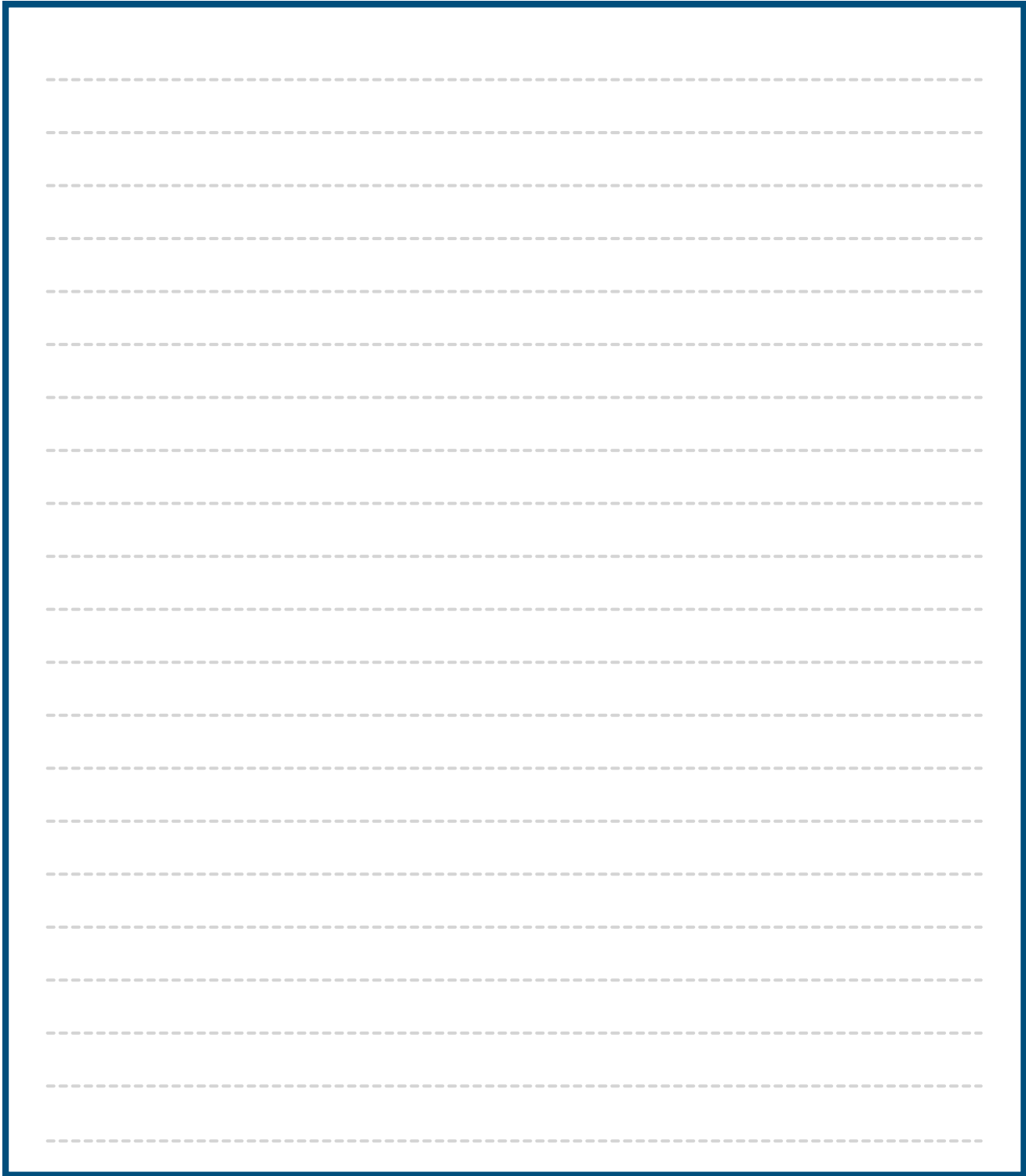
What is there about a challenge you're experiencing right now that you can be thankful for?



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Keep:
GOING

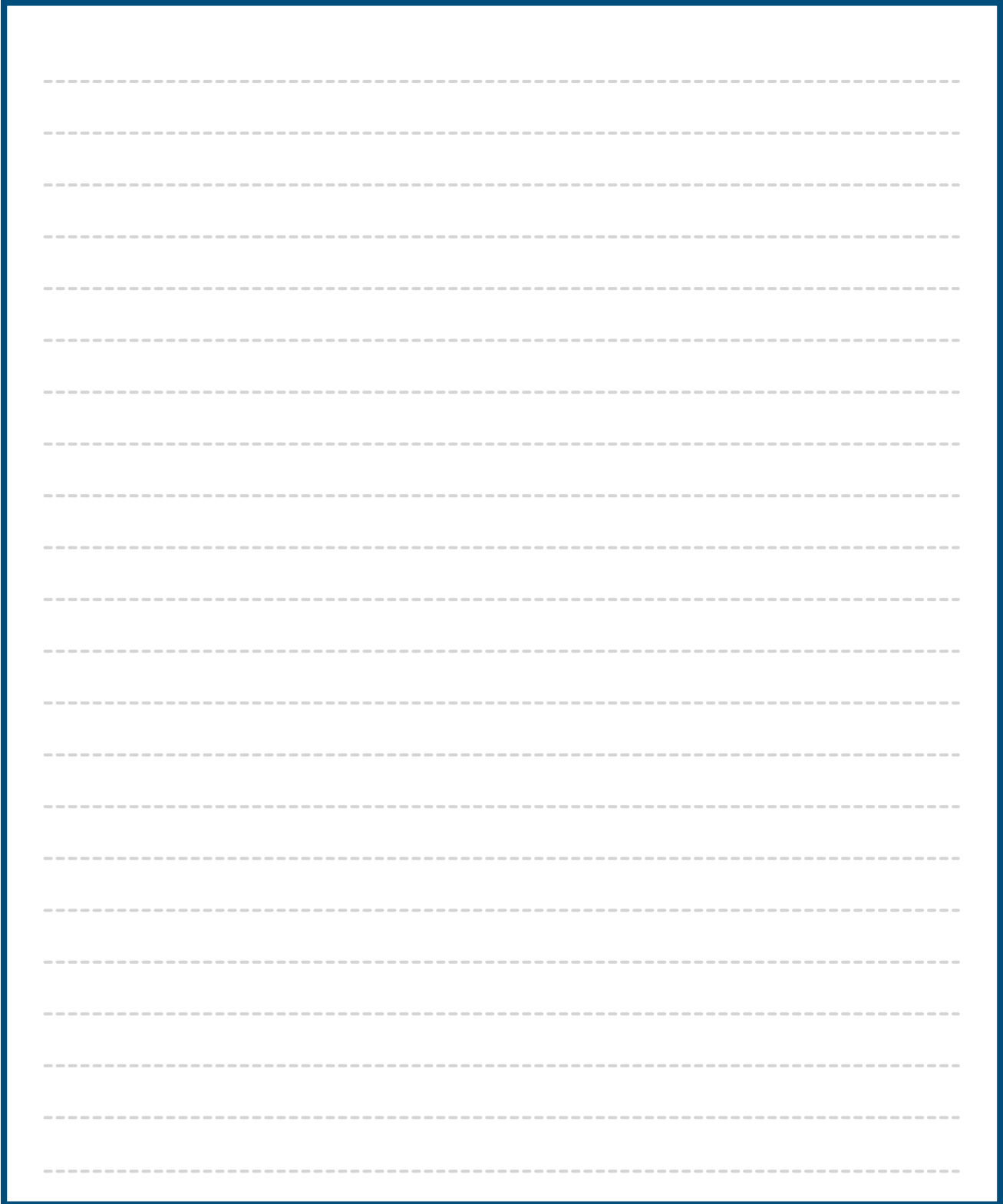
How is where you are in your life today different from a year ago? What positive changes are you thankful for?



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Who is someone you would love to tell your gratitude to?



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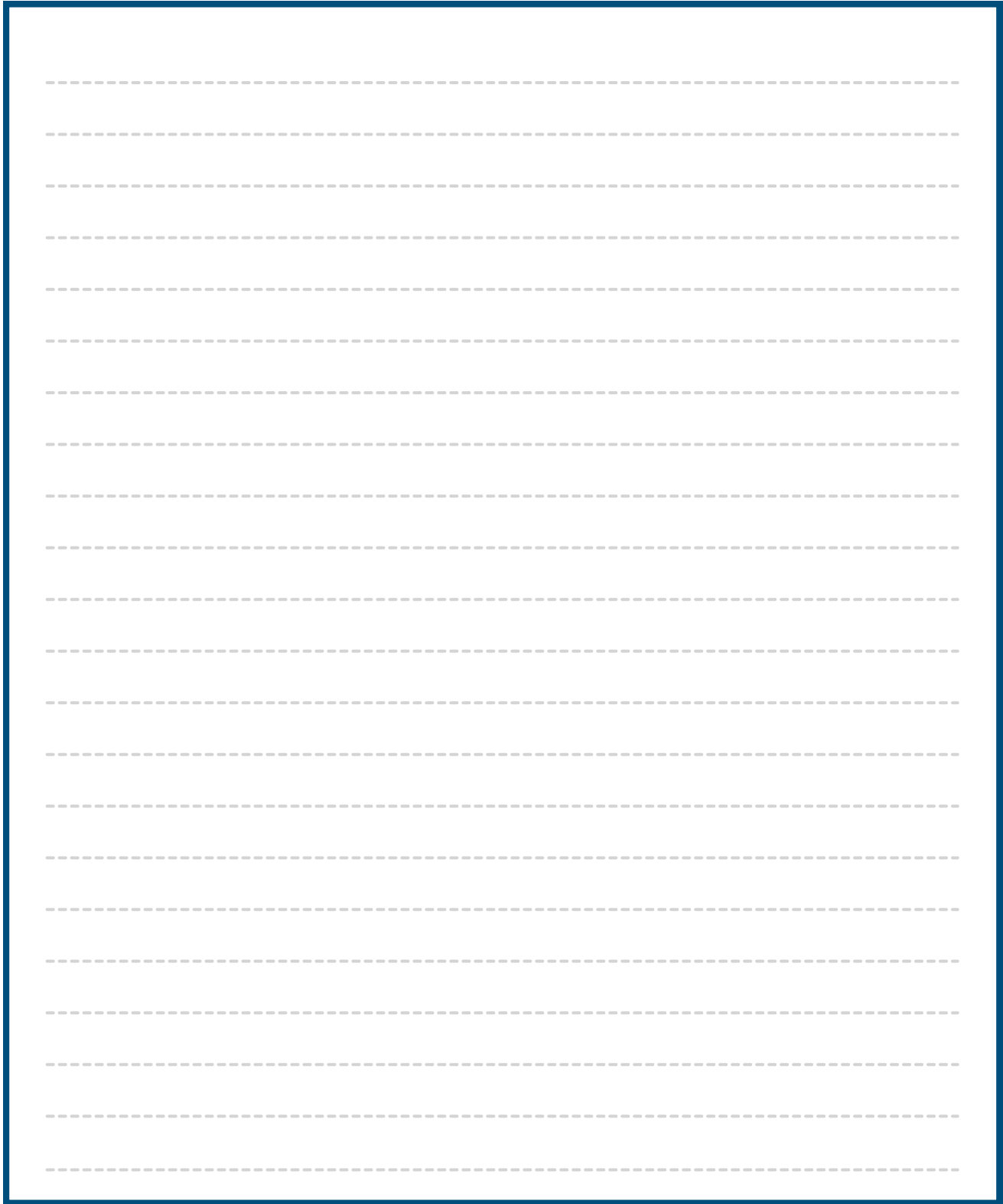
Identify 5 places that you are grateful for in the town you live in.

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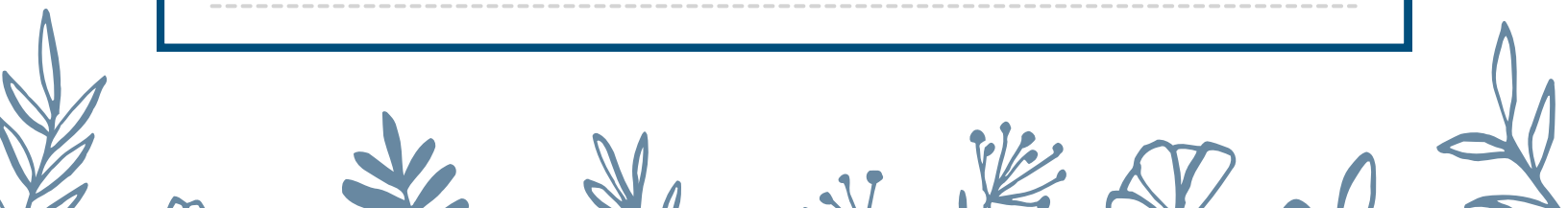
**What ways does your family make you feel
gratitude?**

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How can you show the people in your life how grateful you are to have them?

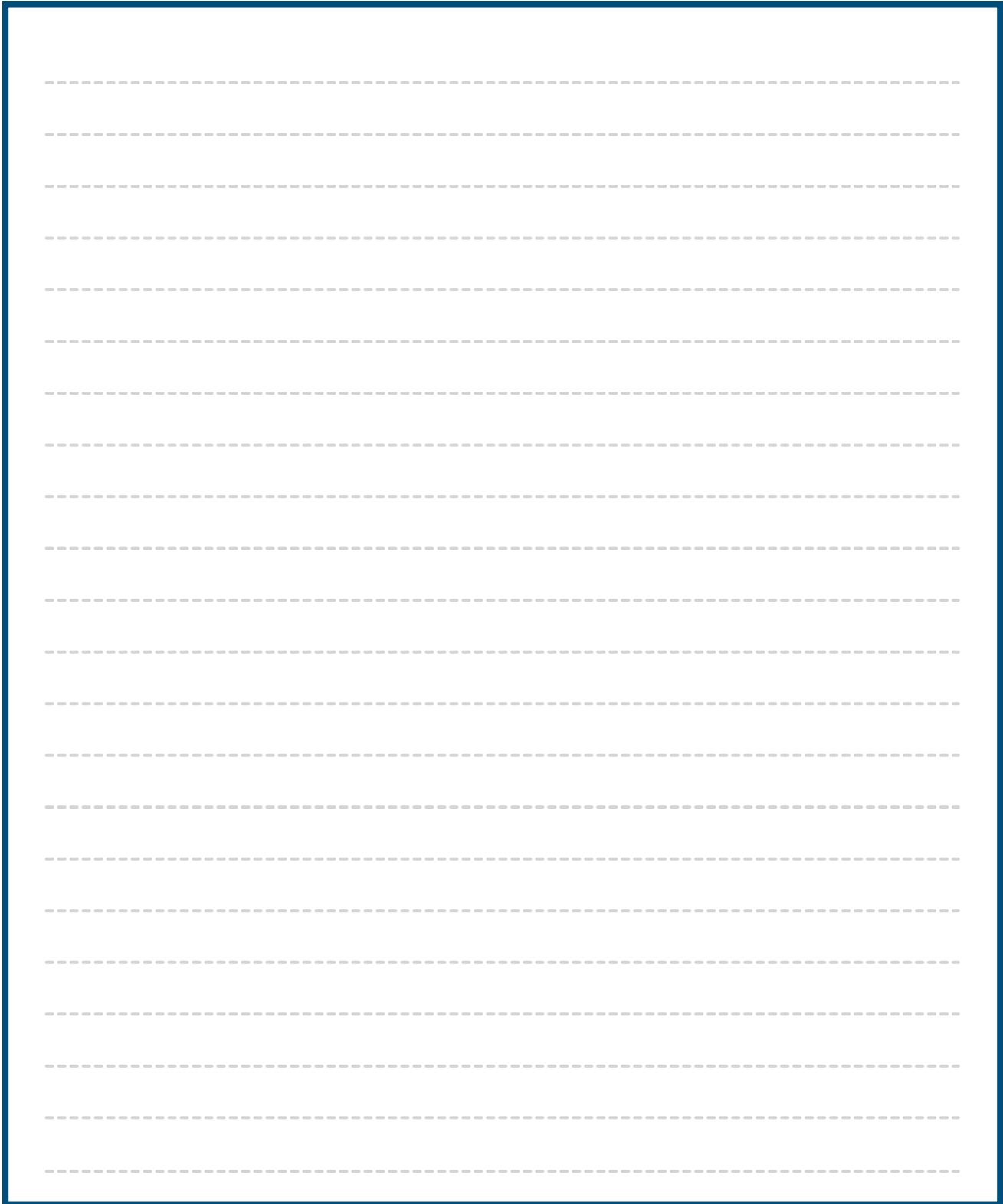


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YOU CAN
DO IT!

What do you take for granted on a daily basis that you would like to give gratitude for today?



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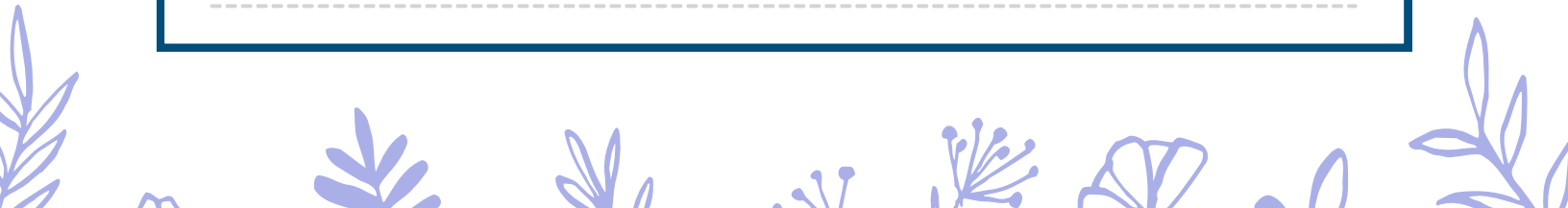
Identify 5 people who you find hard to get along with in your life, and list at least 1 quality that they each have that you are grateful for.



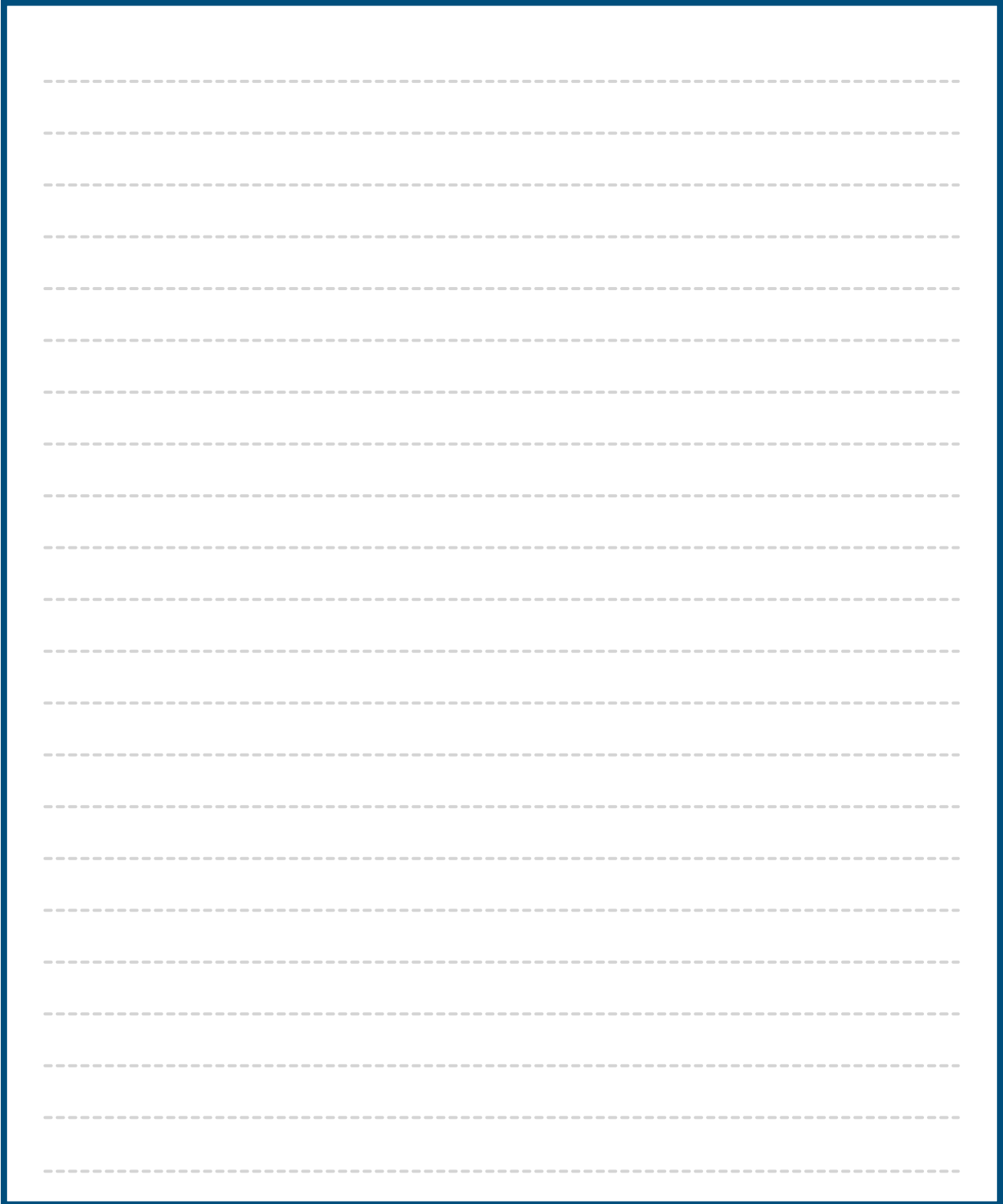
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How have your friendships changed throughout your life?

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What is a moment you hated at the time, but have learned to appreciate?



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Peace

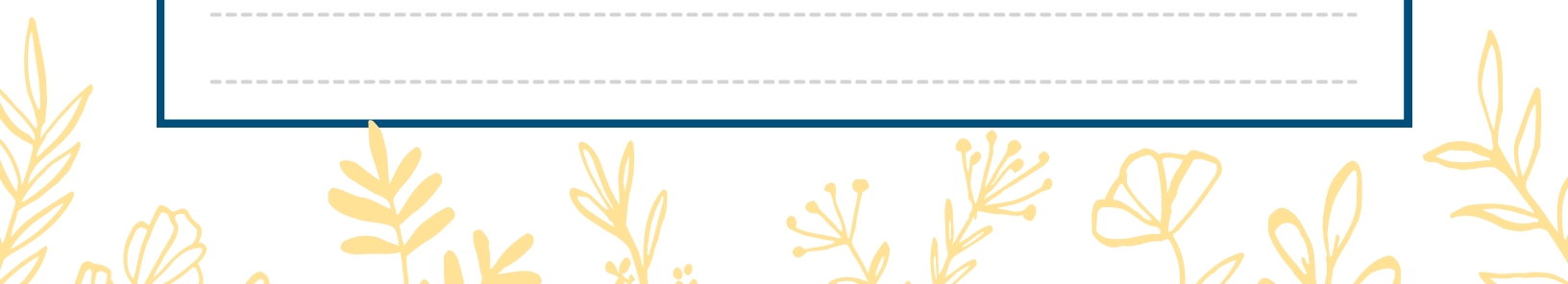
What do you love the most about your current profession?

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Look around in the room you're in, and write down at least one thing you are grateful for.




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Where in your home does your family spend the most time?

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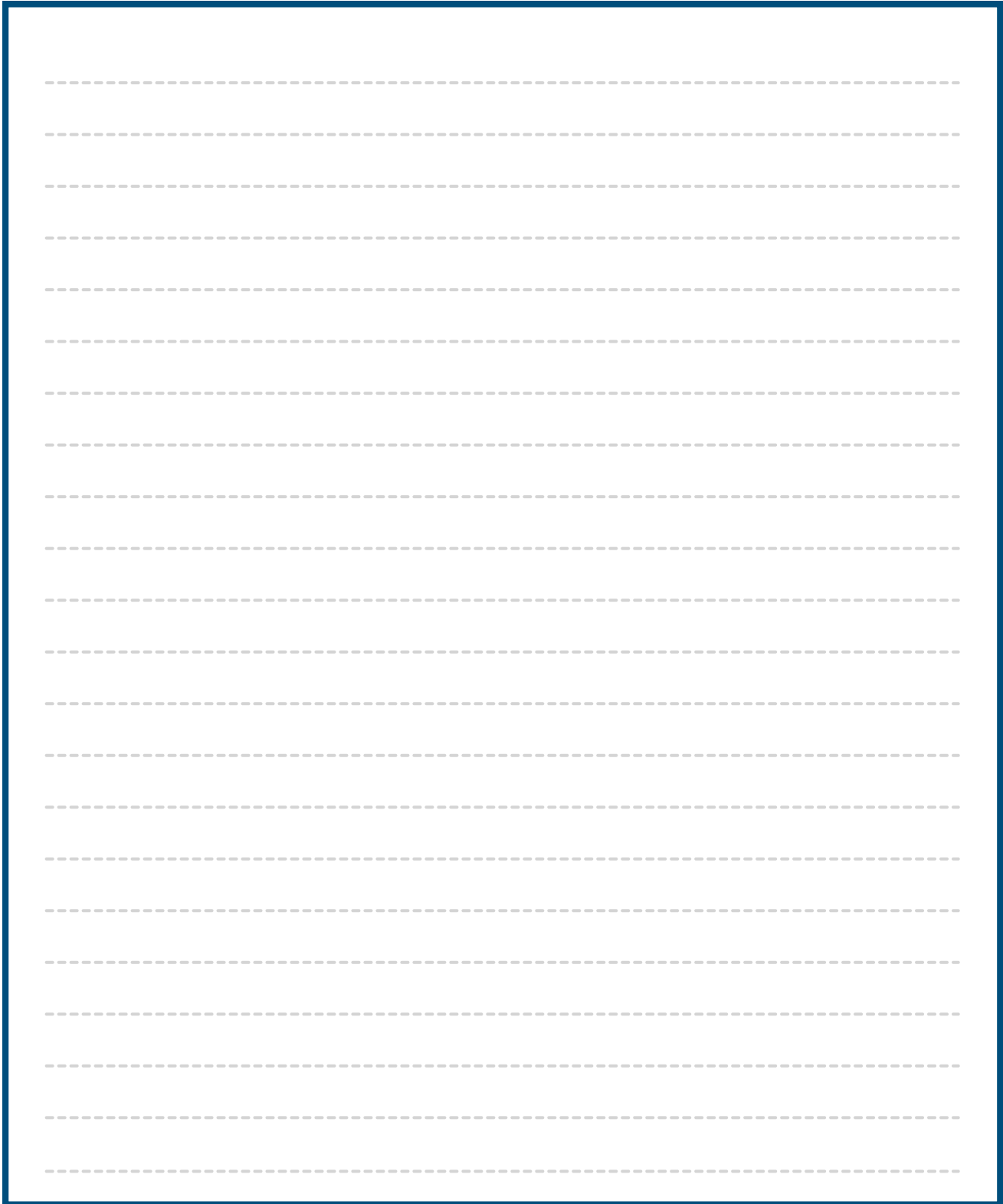
Look outside the window and write down everything you are grateful for outside.



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Write down 5-10 of your favorite characteristics of your home.

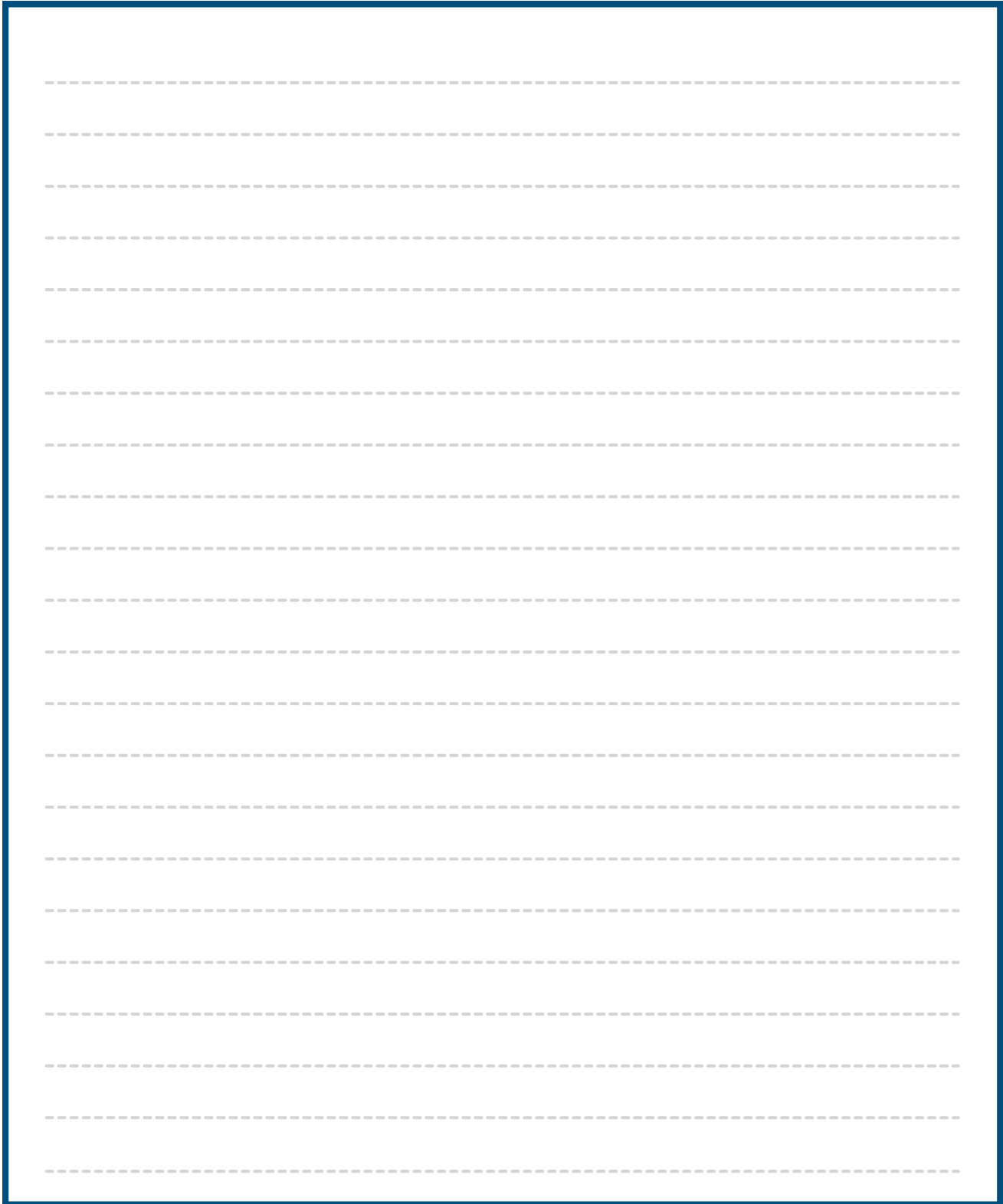


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Do you have an outdoor area, garden, or pool that brings you joy?

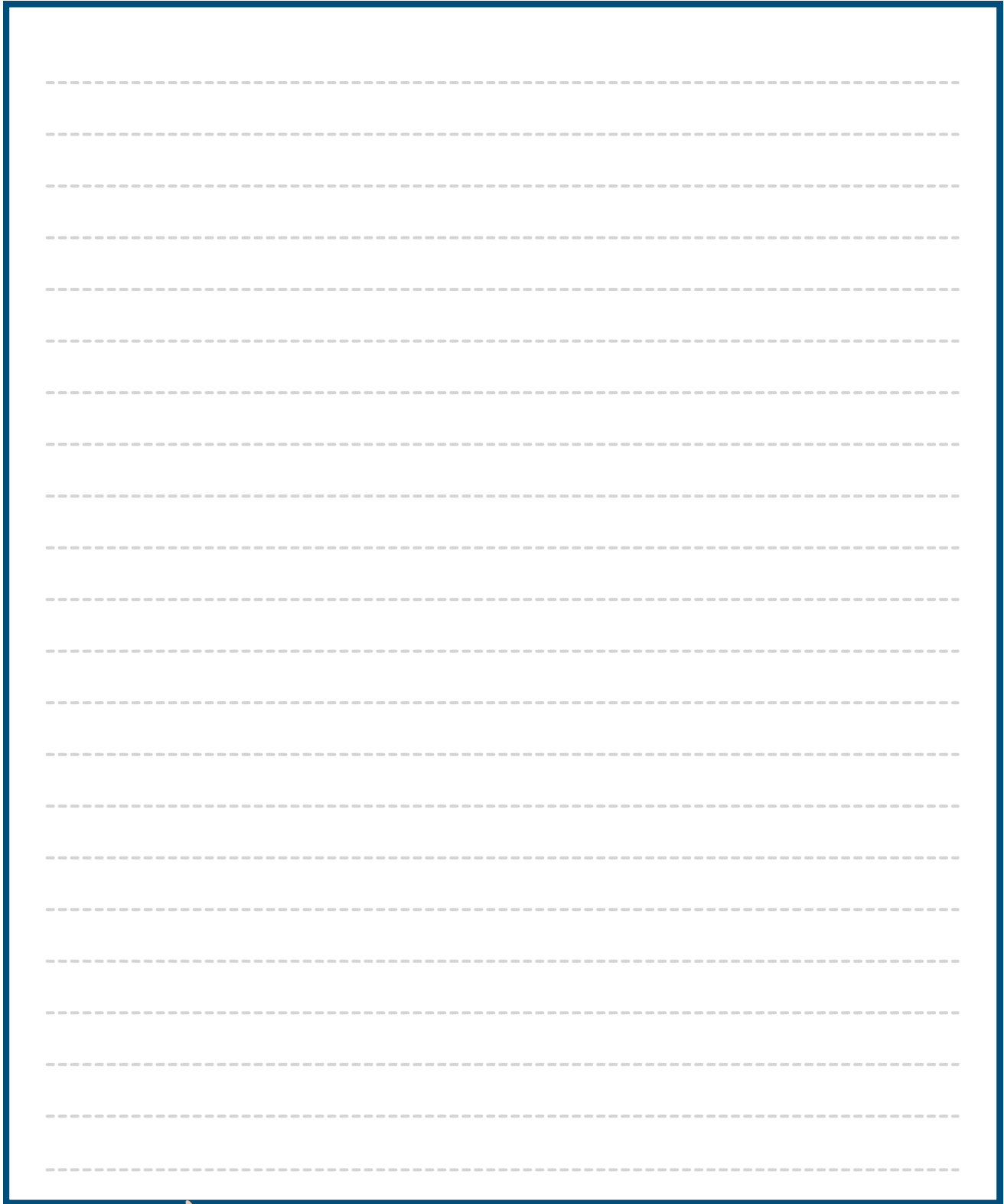
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When you wake in a bad mood, what are 5-10 things you can still be grateful for?



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What holidays and special occasions make you feel the most gratitude?



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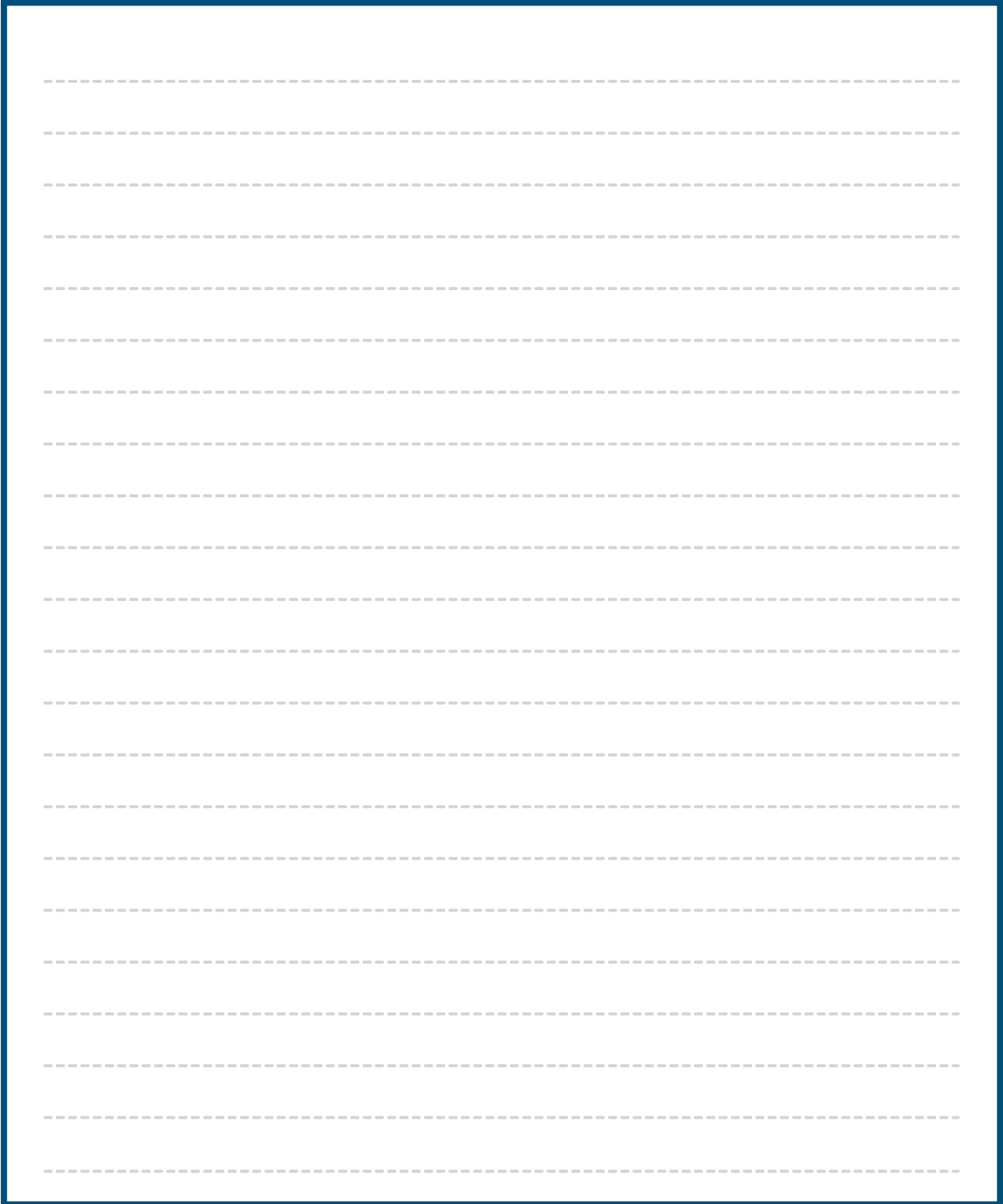


Today

I CHOOSE

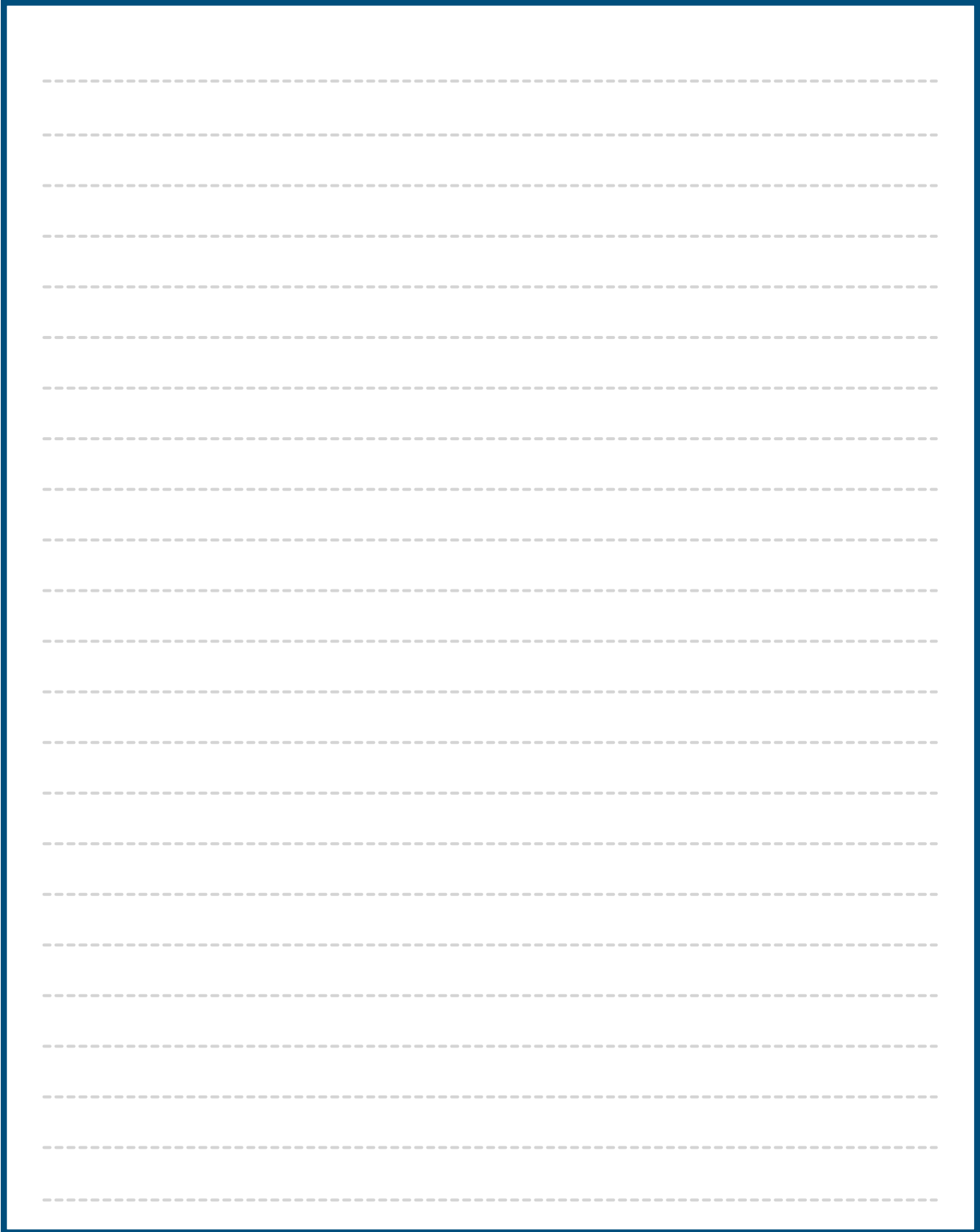
joy

What is a gift you were given that you still think about often?



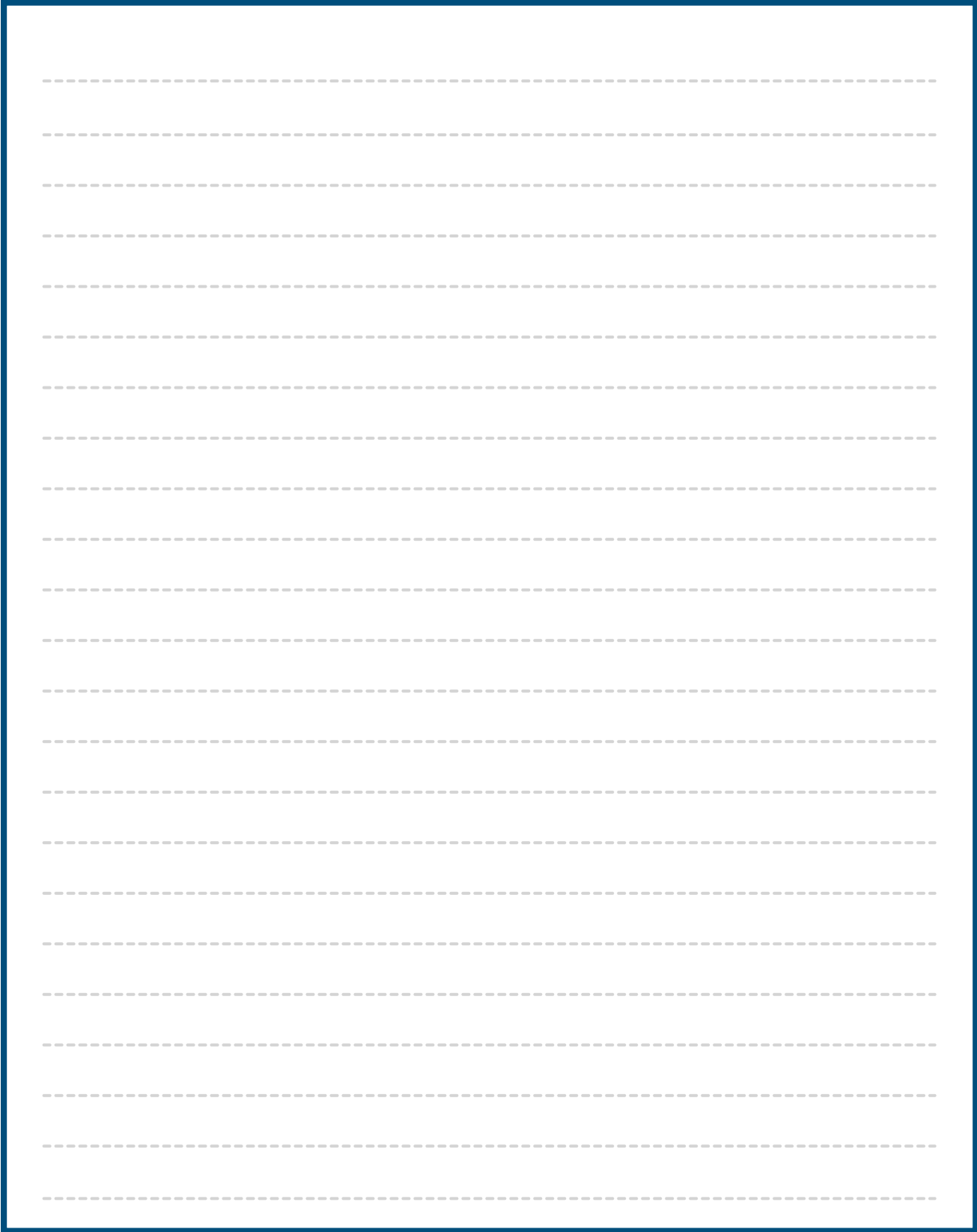
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What music makes you feel grateful?



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In what ways do your children bring you joy?



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Why are you grateful for your pets?



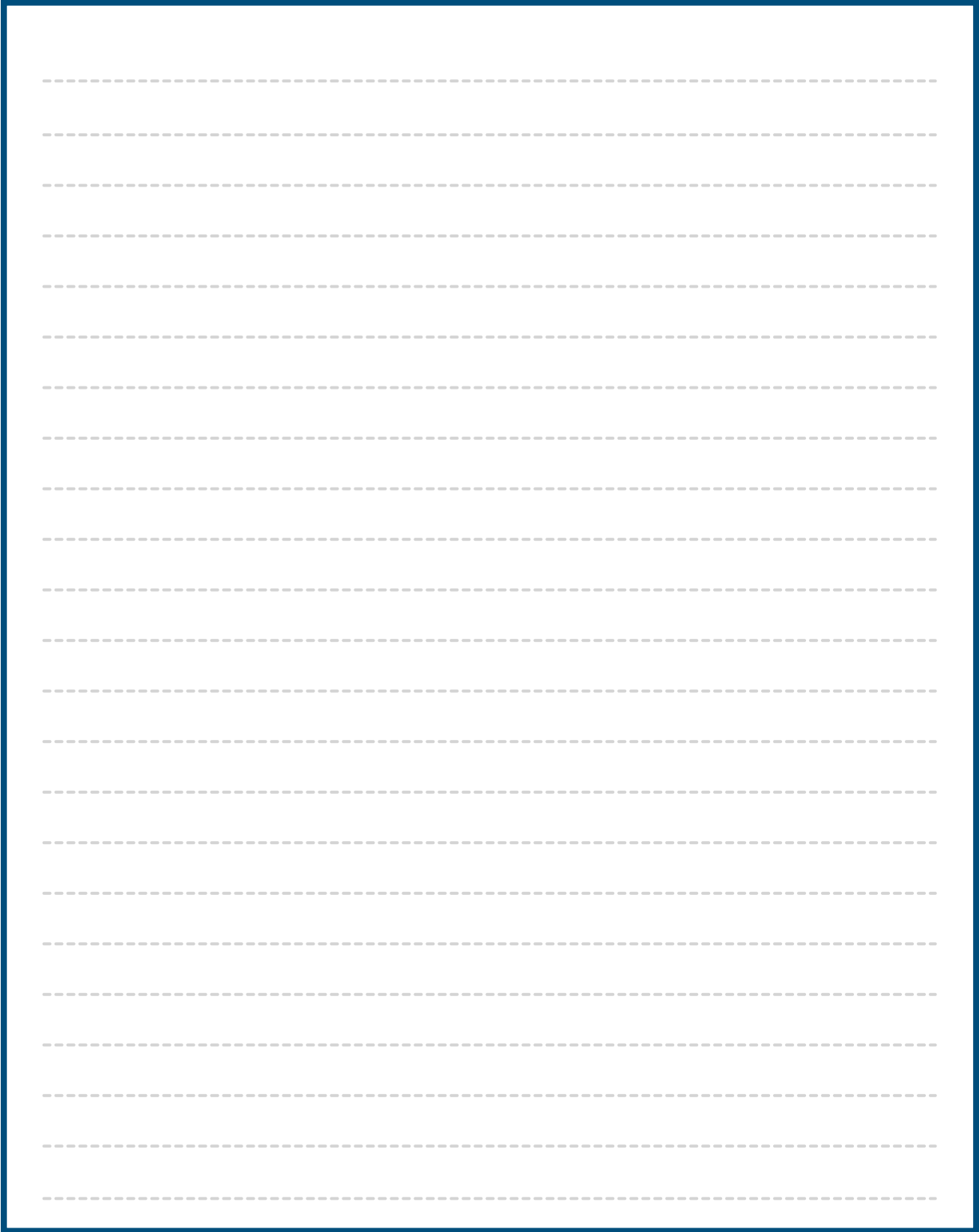
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How does expressing gratitude make you feel?

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GRATEFUL

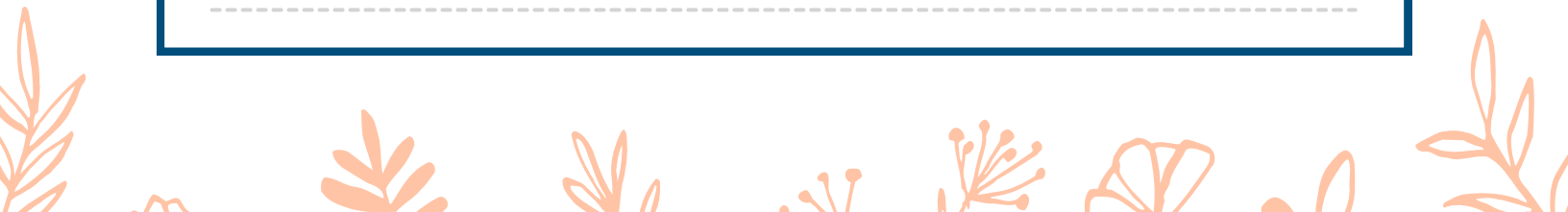
What is something you sometimes take for granted?



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What is a nice gesture someone did for you?

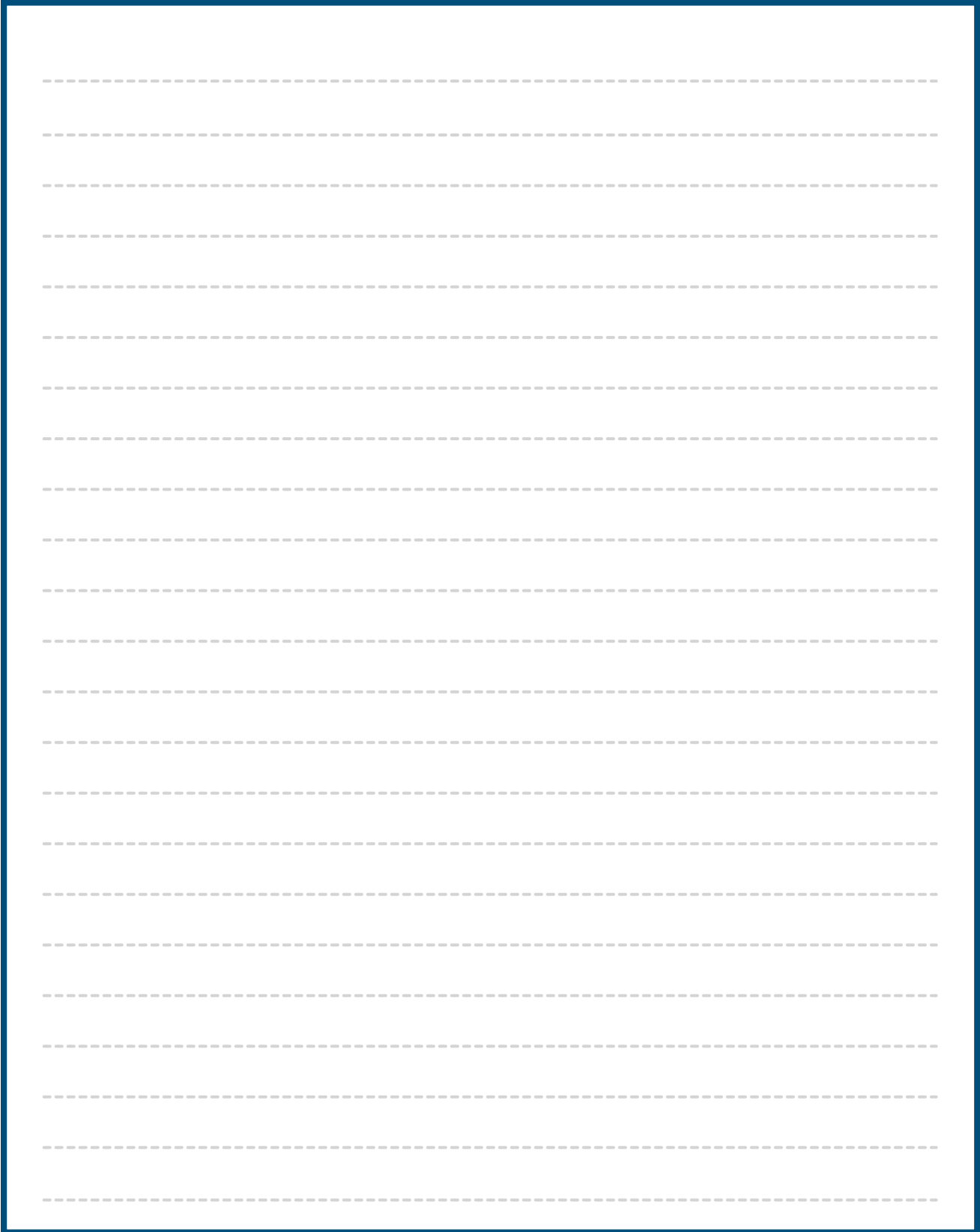
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What is one of your most precious possessions?

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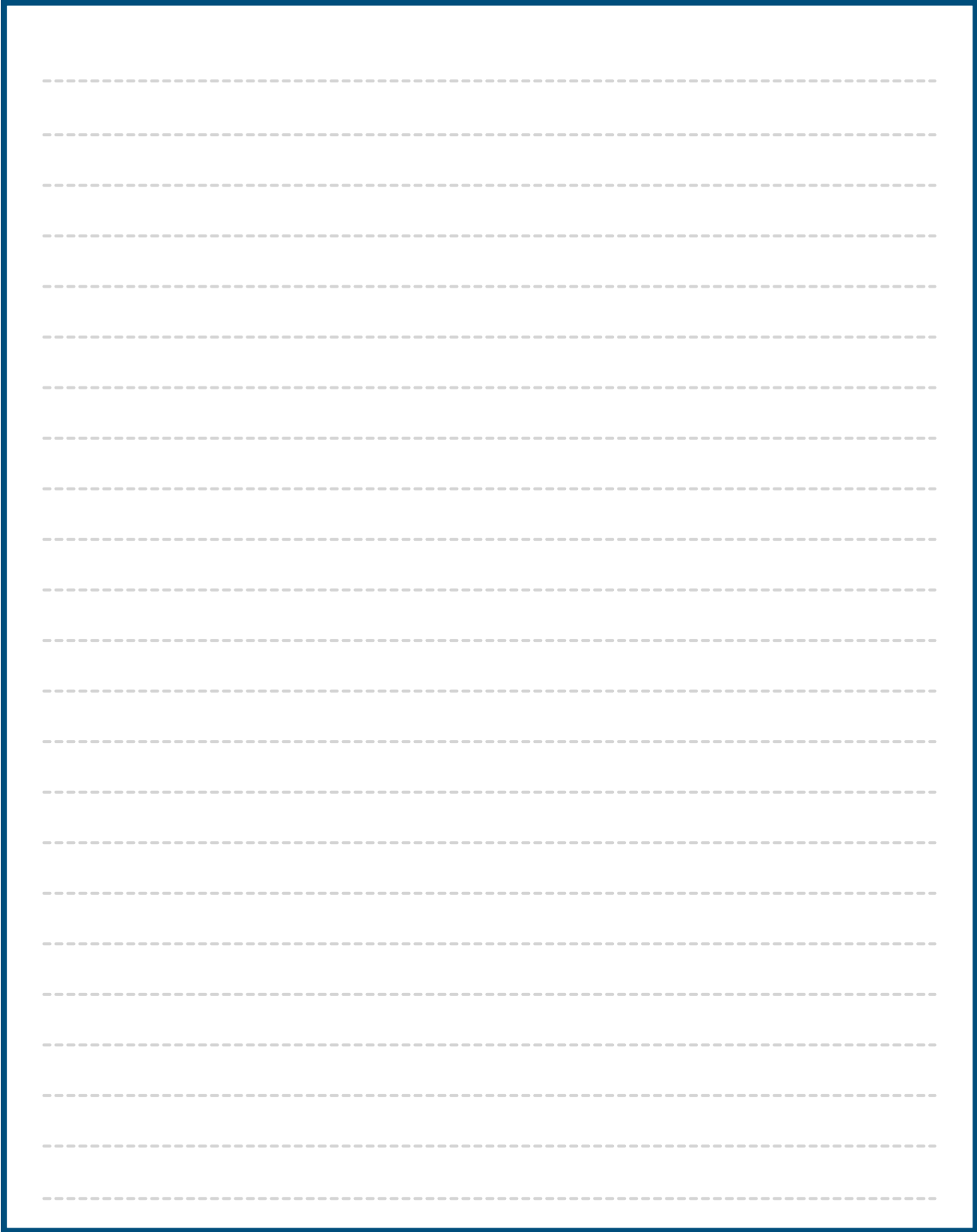
What are some of your greatest blessings?



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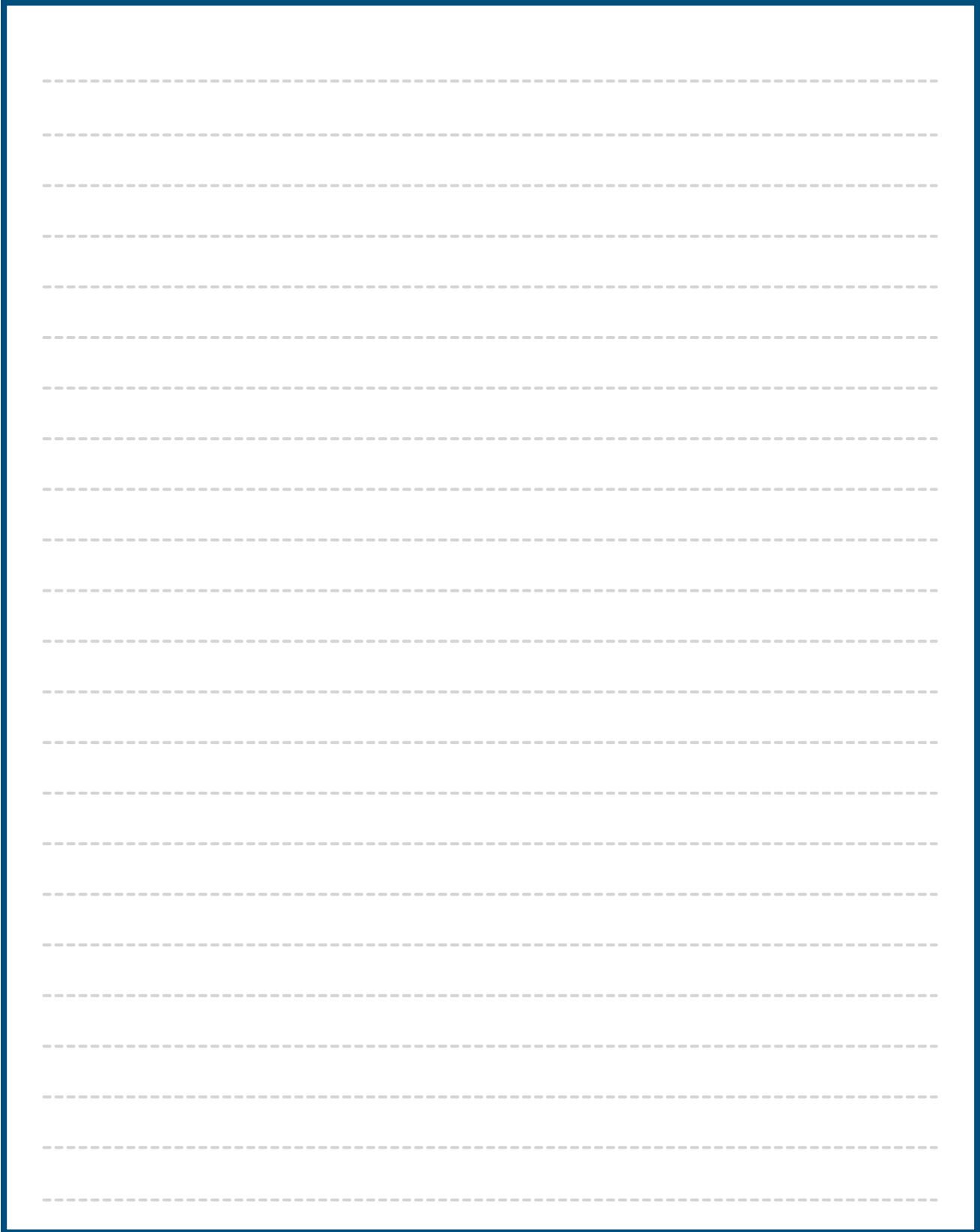
Blessed!

In what ways does your home bring you joy?



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What foods make you happy?



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What about your life are you most grateful for?

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What is something good that happened this year?



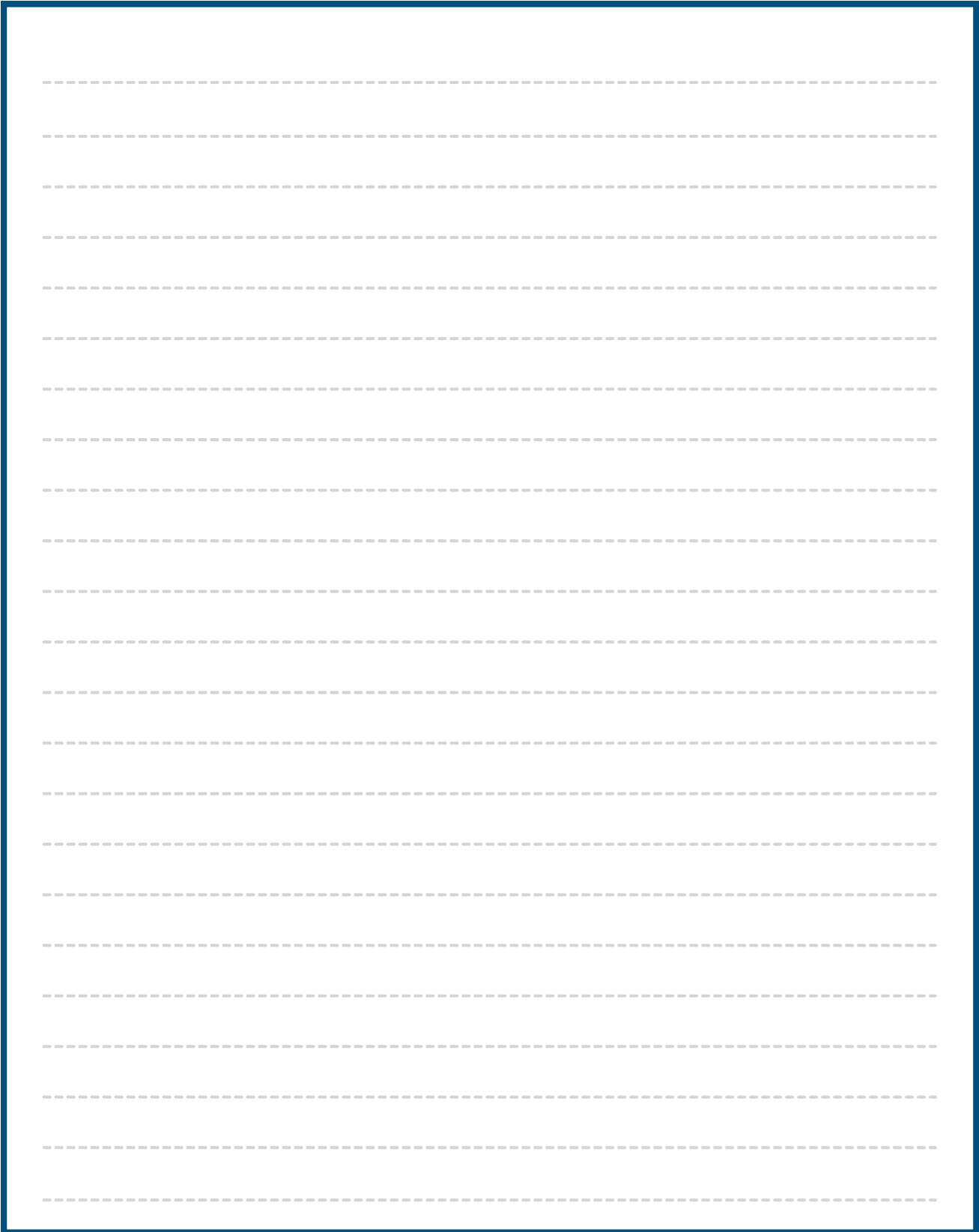
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good

day



When you are having a bad day, what cheers you up?



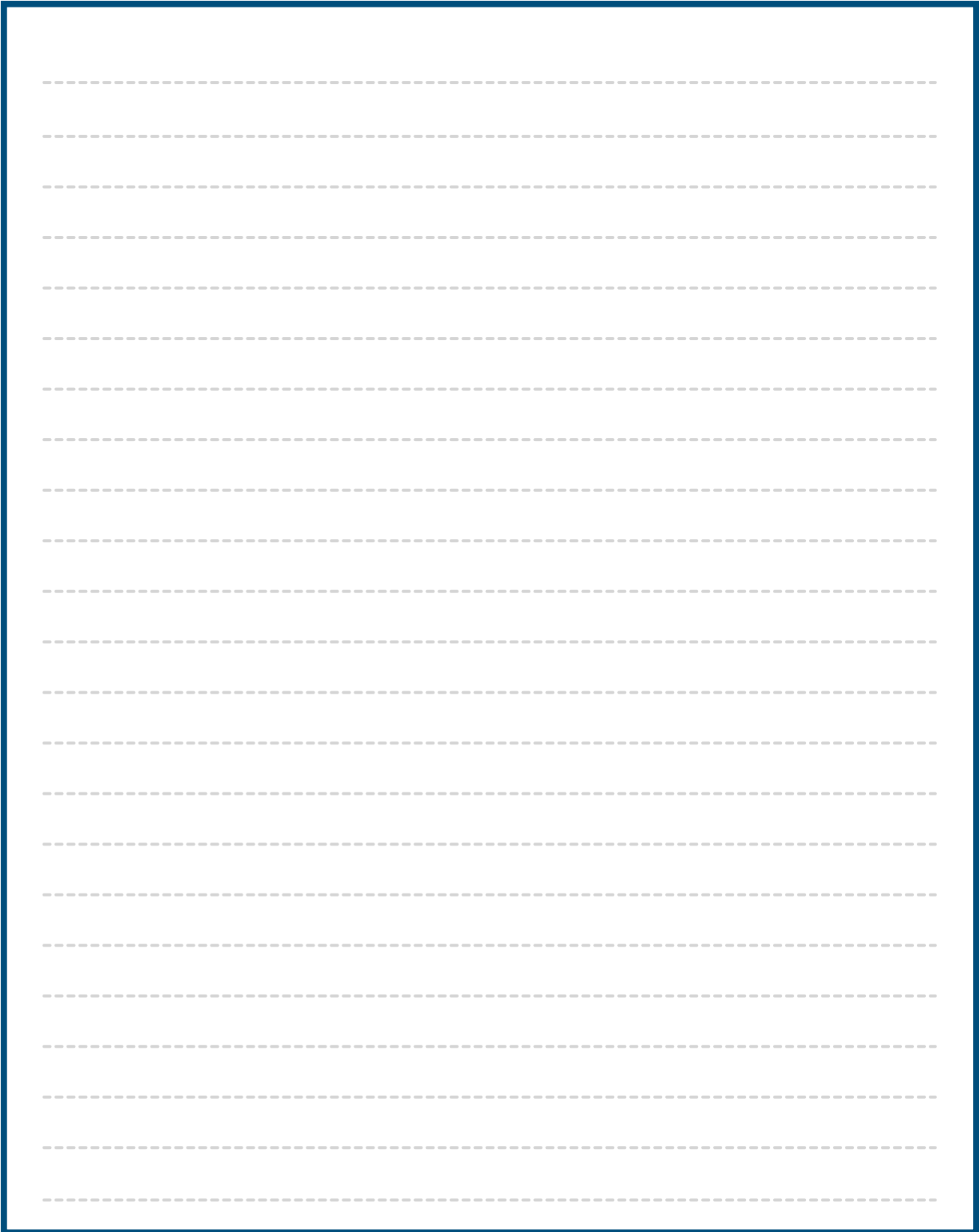
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What aspects of Five Keys are you grateful for?

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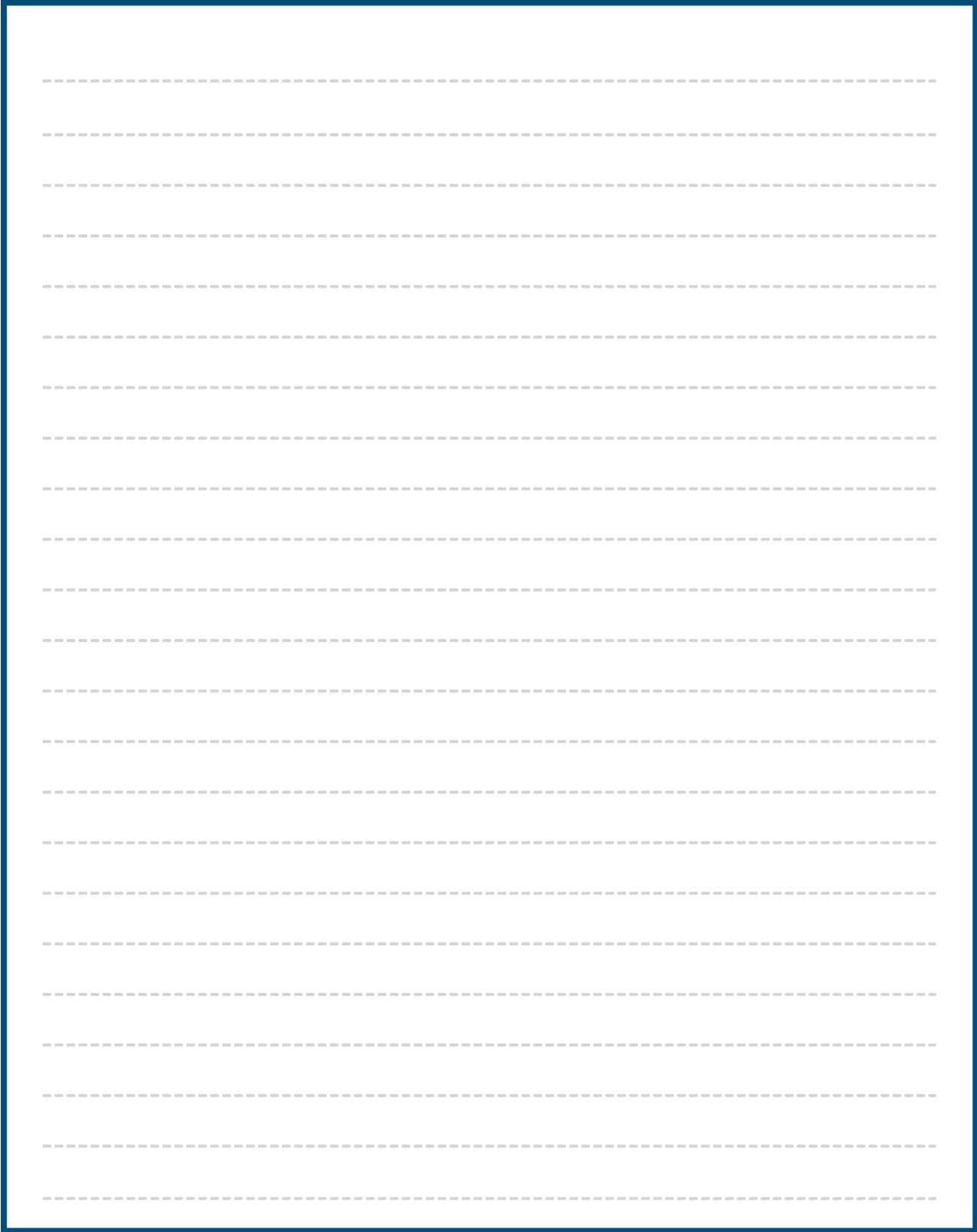


What in your home are you the most grateful for?



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How can you be grateful for jobs you no longer have?



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* STAY 
Positive *