



GRATITUDE JOURNAL A 30-DAY CHALLENGE

How to Use This

This journal is designed to give you the space to reflect on your story each day. We've included a simple, daily prompt to help you get started. Feel free to write down other thoughts that come to mind. We've included boxes so you can journal in a way you prefer—writing, scribbling, drawing, or another creative way to jot down ideas. We hope over the next 30 days, this journal inspires and encourages you no matter what you're facing.

Practicing gratitude positively affects emotional, physical, spiritual, relational, and career/educational health!

There is no "wrong way" to practice gratitude, it doesn't cost a thing, and the more of it, the better! *When we are grateful, we experience more happiness and life satisfaction, and we are less likely to feel entitlement.*

- Amy Gallagher, PsyD
Vice President, Whole Health, LLC.
a subsidiary of Mind Springs Health

Before You Begin

Before starting the gratitude challenge, take a few minutes to think about what you hope to uncover in the next 30 days:

- *Why are you doing this gratitude challenge?*
- *How are you feeling right now?*
- *What is causing you stress?*
- *In what areas do you want to grow?*

Gratitude Journal

Day 01 I'm grateful for...

Day 02 Today I will overcome...

Day 03 I will be relentless because...

Day 04 I've learned...

Week 1

Day 05 I am inspired by...

Day 06 I find hope in...

Day 07 I enjoy...

Additional Notes

Week 2

Day 08 I'm grateful for...

Day 09 Today I will overcome...

Day 10 I will be relentless because...

Day 11 I've learned...

Gratitude Journal

Day 12 I am inspired by...

Day 13 I find hope in...

Day 14 I enjoy...

Additional Notes

Gratitude Journal

Day 15 I'm grateful for...

Day 16 Today I will overcome...

Day 17 I will be relentless because...

Day 18 I've learned...

Week 3

Day 19 I am inspired by...

Day 20 I find hope in...

Day 21 I enjoy...

Additional Notes

Gratitude Journal

Day 22 I'm grateful for...

Day 23 Today I will overcome...

Day 24 I will be relentless because...

Day 25 I've learned...

Week 4

Day 26 I am inspired by...

Day 27 I find hope in...

Day 28 I enjoy...

Additional Notes

Week 5

Day 29 I'm grateful for...

Day 30 Today I will overcome...

Additional Notes

Reflection

Congratulations! You've made it to the end of the gratitude challenge! Let's check in and see how it's going after 30 days.

- *What helps you find gratitude?*
- *What surprised you during the challenge?*
- *How are you doing right now?*
- *Where can you go to receive the encouragement you need?*

Now What?

You took a great step forward during this challenge. Keep it going! Here's how to continue working on YOU and your mental health.



Continue journaling. Reflecting and making meaning out of your experiences helps you process and cope. Grab a blank journal, print out more gratitude sheets at [Shop.FightCRC.org](https://shop.fightcrc.org) or request another 30-day Gratitude Journal from Fight CRC to keep up your new habits.



Build community. It's never easy to face hard things alone. Community is often a game-changer. Whether through in-person support groups or online social media groups, finding others who face similar things can be helpful and healing. To connect with others facing colorectal cancer, go to [FightCRC.org/inspire](https://fightcrc.org/inspire).



Get creative. Write a letter to someone you are grateful for. Paint inspiring words or phrases on a "gratitude rock." Keep a gratitude jar by adding positive notes one at a time to the jar and reviewing weekly.



Get more resources. This journal is one of MANY resources Fight CRC offers for psychosocial needs. Our library is full of webinars, podcasts, and free downloadables with advice from psychologists, social workers, counselors, and more. To access, go to [FightCRC.org/resources](https://fightcrc.org/resources).

SIGNS YOU MAY BE STRUGGLING

It's not only hard to ask for help, it's also hard to recognize when you need it. These are signs you may be struggling and could benefit from meeting with a mental health professional. Today, many health plans include coverage for these visits. Check with your providers for details.

- *Persistent sadness, empty feelings*
- *Loss of interest in daily activities*
- *Fatigue*
- *Feelings of guilt, worthlessness*
- *Loss of concentration*
- *Sleep problems*
- *Marked weight loss or gain*
- *Suicidal thoughts, hopelessness*



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