



# Cultivating Gratitude: a guided journal for a positive mindset

*Beth Bunchman MS*

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**Write, doodle, & brainstorm your way to a positive mindset.**

In this journal you will focus on nurturing and nourishing your mindset for greater overall health and happiness.

Within these pages you will find thought-provoking journal prompts, ample space for writing or drawing, and numerous garden-themed doodles for coloring.

You can plant seeds of gratitude, grow your gratitude garden, and watch your life landscape begin to shift in just minutes a day.

Benefits of this gratitude practice may include: improved sleep, stronger immune system, greater optimism, decreased anxiety and depression, higher quality relationships, and a sense of community.

I'm so happy to have you here. Let's get started.

We'll start out slow and easy - focusing on the positives in life by creating beautiful lists of all the wonderful things about your life and pushing you to find the bright side of some of your struggles.

But this journal will go much deeper than that.

- In Step 1, we'll cover your personal and professional life, physical and emotional body, spirit, strengths and accomplishments, and the things you do to nourish your true self, as well as your opportunities for growth. (Whether you complete one page per day or per month, you are sure to experience enhanced daily positivity, gratitude, and appreciation!)
- Then, in Step 2, you will use that massive fire of positive energy you have created to go within, address the ego, and re-ignite your intuition. You will work to nourish the body, mind, and spirit as you transition from a body-centric view of "self" to a soul-centered view.
- In Step 3, you will begin to step into your own power to become a source of love and light in the world. You will find confidence in your own unique skills, acknowledge your new attitude of gratitude, and create a ripple of appreciation throughout your community.

This journal is also a coloring & doodle book. Throughout the book you will find loads of white space to write or doodle. You will also find a lovely selection of doodles and drawings included for you to support your creative process.

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