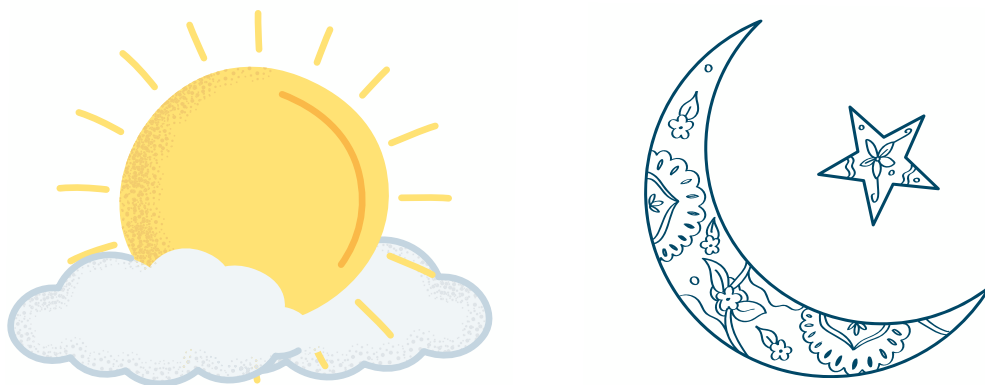


GRATITUDE JOURNAL

AUTHORS: ANNA LEVINE AND LUCIE WALDMAN



הכרת תודה

HAKARAT HATOV
(GRATITUDE)

INTRODUCTION

Hello friend!

Welcome to your very own Gratitude Journal. This is a space for you to write down and remember all of the things at camp that you are thankful for. Expressing gratitude is a mindfulness technique that can show appreciation for all of the positivity and kindness in your life. This is an inclusive space for YOU to reflect on and express gratitude. You may use this journal in whatever fashion suits you. We have provided prompts that may help guide you. Some examples of how to use this include (but are NOT limited to) writing, drawing, ripping, scrapping, pasting, painting, coloring, bulleting, or whatever YOU choose! The prompts are a guideline that can help you if you feel overwhelmed by starting a new journal; however, if you have a different way of expressing gratitude, please use this journal however you'd like. This practice of setting morning intentions and reflecting on your day in the evening can help provide an outlet for mindfulness. We hope that, through this journal, you are able to have a space to remember and think about all aspects of camp that you are thankful for! Happy journaling



TODAY'S DATE IS

BOKER TOV

INTENTION/
GOAL FOR
THE DAY

WEATHER CHECK



SOMETHING I AM
LOOKING
FORWARD TO

SOMETHING I CAN
DO TO MAKE
MYSELF HAPPY
TODAY

QUOTE

TODAY'S DATE IS

BOKER TOV

INTENTION/
GOAL FOR
THE DAY

SOMETHING I
AM LOOKING
FORWARD TO

QUOTE

TODAY'S DATE IS



LILAH TOV

Hashkiveinu Adonai Eloheinu l'shalom
V'ha'amideinu Malkeinu l'cha--yim

TODAY I WAS
GRATEFUL
FOR

Large light blue rectangular area for writing a response to the gratitude prompt.

SOMETHING I
AM PROUD
OF

Large light blue rectangular area for writing a response to the pride prompt.

QUOTE

Light blue rectangular area for writing a quote.

TODAY'S DATE IS



LILAH TOV

Hashkiveinu Adonai Eloheinu l'shalom
V'ha'amideinu Malkeinu l'cha--yim

MY
FAVORITE
PART OF
TODAY WAS

SOMETHING
THAT CHEERED
ME UP WHEN I
WAS FEELING
DOWN

QUOTE

TODAY'S DATE IS



LILAH TOV

Hashkiveinu Adonai Eloheinu l'shalom
V'ha'amideinu Malkeinu l'cha--yim

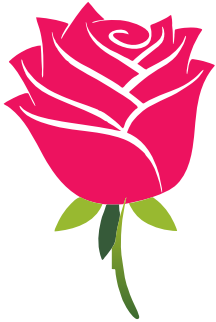
WHO AM I
THANKFUL
FOR TODAY?

LIST OR
DRAW 3
THINGS
YOU'RE
THANKFUL
FOR:

QUOTE

MORE REFLECTION

A ROSE, THORN, AND BUD



THINGS THAT FUEL MY CAMPFIRE

WHAT MAKES ME HAPPY?



MY FEELINGS FORECAST



What are you feeling? How would the sky look? Is it cloudy? Windy? Is it warm?

Week of : _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SHABBAT

SHALOM

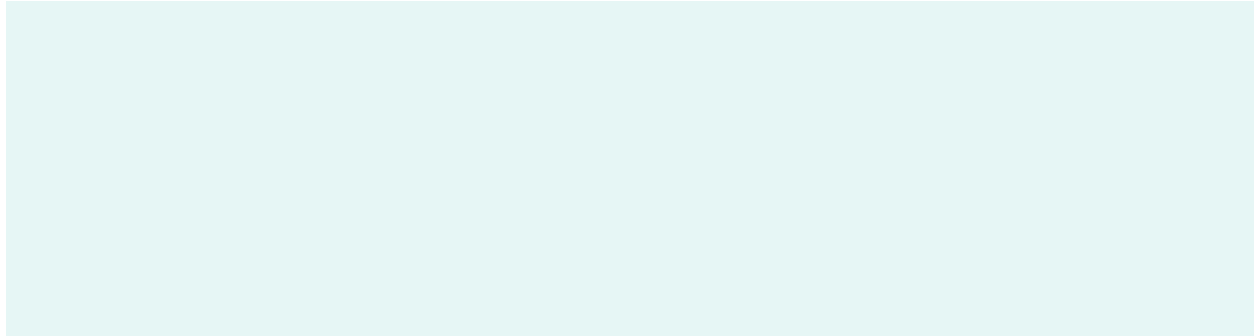
Sunday

SESSION:

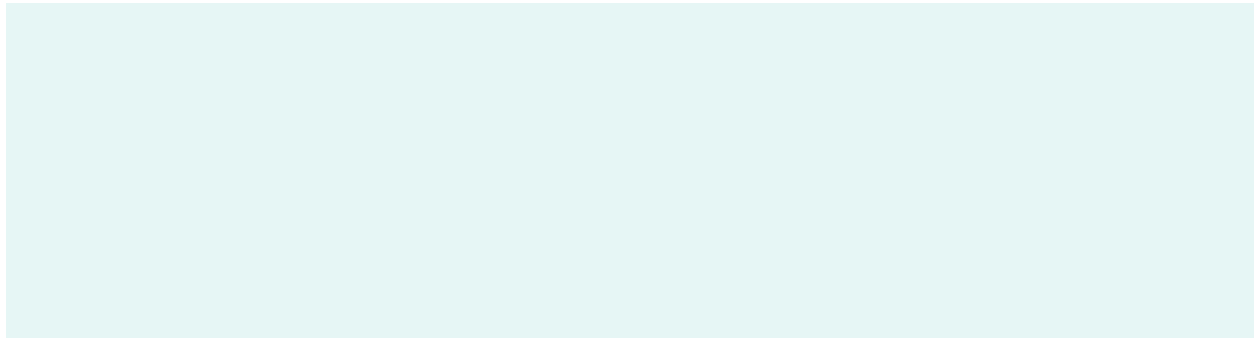
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END OF SESSION REFLECTION

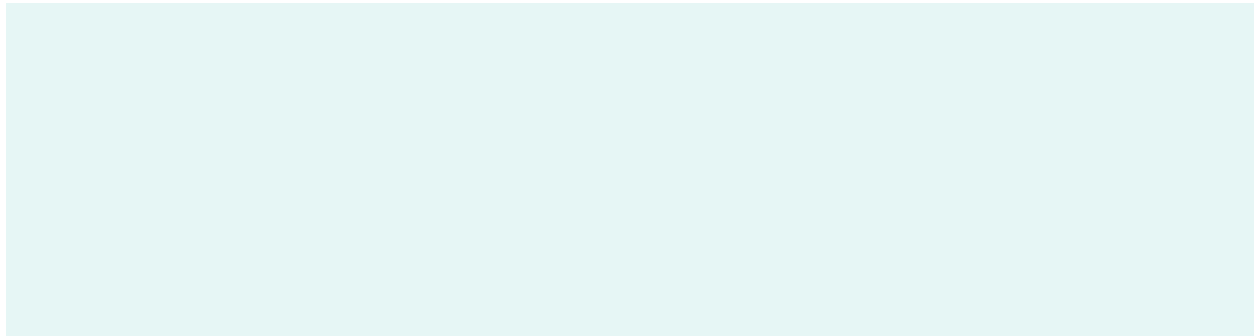
SOMETHING I AM GRATEFUL FOR THIS SESSION:



SOMETHING THAT I AM PROUD OF FROM THIS SESSION:



SOMEONE OR SOMETHING THAT HELPED ME WHEN TIMES WERE HARD:

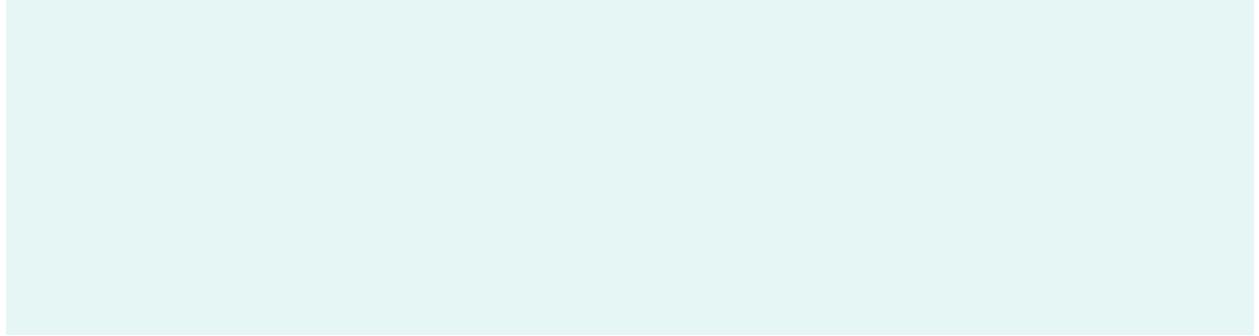


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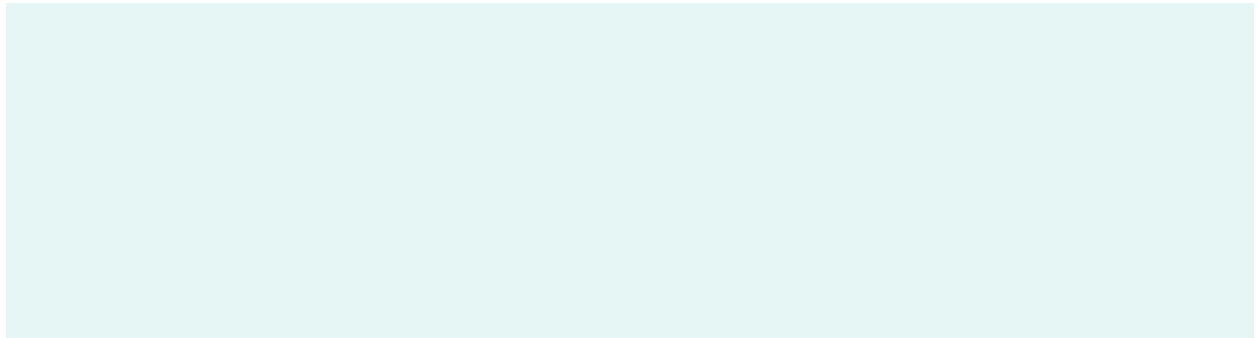
DATE:

END OF SESSION REFLECTION

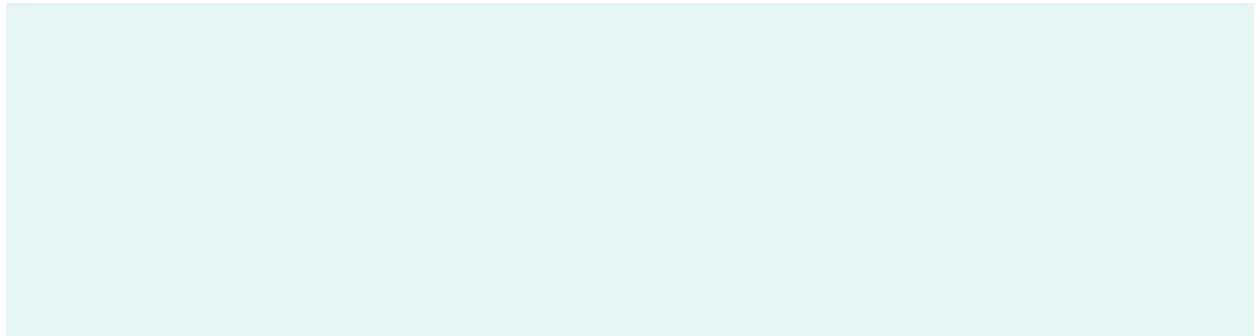
SOMETHING I AM GRATEFUL FOR THIS SESSION:



SOMETHING THAT I AM PROUD OF FROM THIS SESSION:



SOMEONE OR SOMETHING THAT HELPED ME WHEN TIMES WERE HARD:



END OF SUMMER REFLECTION

What was your favorite memory from this summer?

Who are new friends you made this summer?

What was your favorite place on camp?

My favorite activity this summer was?

This summer made me feel:

L'HITRAOT!

AFTER CAMP JOURNALING

Prompts you can use during the year! If you run out of room... keep this piece of paper and start another journal.

WHAT IS SOMETHING I WANT TO REMEMBER ABOUT CAMP WHEN TIMES GET HARD?

WHAT AM I LOOKING FORWARD TO?

WHAT LIGHTS UP MY LIFE?

WHO MAKES ME FEEL CONNECTED?

HOW CAN I RECREATE CAMP TODAY?

WHAT AM I PROUD OF TODAY?

WHAT IS MY INTENTION FOR NEXT SUMMER? WHAT CAN I DO TO GET THERE?

WRITE A LETTER TO SOMEONE OR SOMETHING YOU ARE GRATEFUL FOR?