

**THANK
FULNESS**
mini-journal

A 3-DAYS CHALLENGE
walking in the beauty of life

TO START

Take a time, maybe at the end of the day when the fuss goes quiet, perhaps with a cup of tea, sitting in a cozy spot in your home, some relaxing music, and now, go back through the day in your mind and think of the good things...

You had a beautiful gift, called 'today', let's unwrap the cover to see what's been in it.

Maybe the sunlight invading your room at the beginning of the day, the coffee cup at home in the morning, the bus that you could catch on time – even if you had to run to accomplish it... Think of what it is, what it is not, people coming in your life, people leaving... a warm shower, having eyes to see this and fingers to write on this page... Welcome my friend to the wonders of the day.

today I give thanks for:

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today I give thanks for:

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today I give thanks for:

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REVIEW

How did it feel? Was it difficult to fill it up? In my experience, especially in 'low days', to start took me some reflective time, hesitation sometimes... but I found that, after trying hard to write the first ones, then suddenly, as if my eyes would be suddenly opened, it was difficult to stop and leave the pen because, by trying to be thankful, I realize that I could not be anything else but thankful...

I hope this couple of days challenge made you to look up more than down and fill up the pockets of your soul with new treasures.

Peace to you my friend. Know that you're blessed.

Jo.