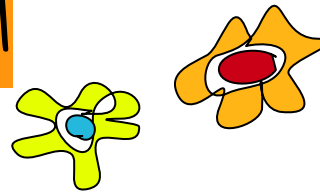


# Giraffe / Gratitude Journal

[kate@kateraffin.com](mailto:kate@kateraffin.com) January 2018



'Thank you' is the best prayer that anyone could say.  
I say that one a lot. Thank you expresses extreme gratitude,  
humility and understanding.' - Alice Walker

This is a **gratitude** process that I enjoy doing on a daily  
(or when I can) basis.

What it connects me to is worthiness and acceptance  
of these wonderful contributions in my life.

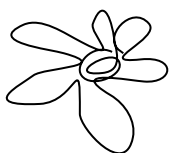
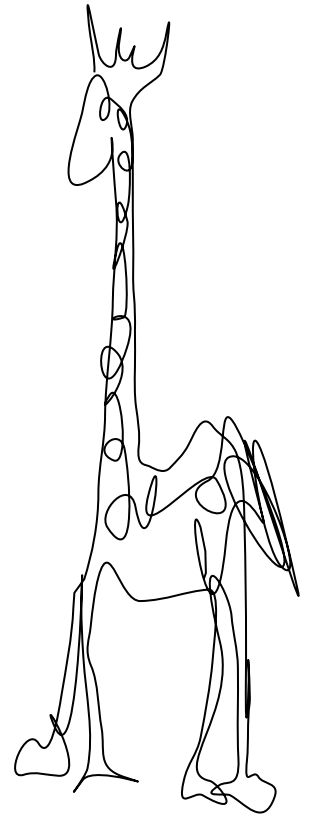
At the end (or beginning) of your day,  
take a moment to **review** the passed 24 hours.  
Recall something that **you did that contributed**  
to another's life or well being.

No matter how small or insignificant you tell  
yourself it is.

Write this action down as an **observation**  
(what you specifically did or said).

Reflect on the **feeling** you feel while remembering  
that, write that down.

Now the **need** of yours enriched by doing what you did.



I like to then **draw a flower** to  
relish and celebrate that moment.

(try using your non-writing hand to draw this - as I have with these drawings)

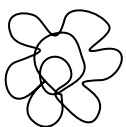
You may also want to recall one thing **another person did** that contributed  
to your life in the last 24 hours.



and again, write down **what they did** and the **feeling** and **need** that was met.

You may choose to **express** this to them in some way - a card, call, note.

Your page could look like this :-



**When I remember Emily offering to contribute financially for my time,**

I feel **warm** and **open** because this contributes to my needs for  
**connection, respect and consideration.**

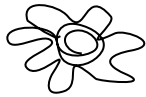
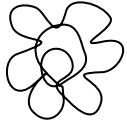


**When I remember receiving a text from Miranda, to ask how I was,**

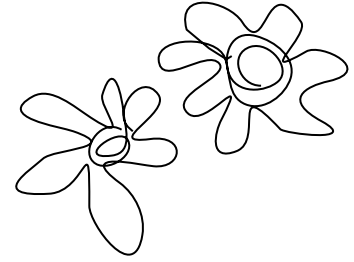
I feel **warm** and **grateful**, because it contributes to my needs for  
**connection and care.**

# Giraffe Journaling - Kate Raffin January 2018

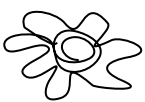
[kate@kateraffin.com](mailto:kate@kateraffin.com) - feedback welcome



## Worksheet



When I remember \_\_\_\_\_  
I feel \_\_\_\_\_  
because it contributes to my need for \_\_\_\_\_



When I \_\_\_\_\_  
I feel \_\_\_\_\_  
because it contributed to my need for \_\_\_\_\_

When I remember \_\_\_\_\_  
I feel \_\_\_\_\_  
because it contributed to my need for \_\_\_\_\_



When I \_\_\_\_\_  
I feel \_\_\_\_\_  
because it contributes to my need for \_\_\_\_\_

When I remember \_\_\_\_\_  
I feel \_\_\_\_\_  
because it contributes to my need for \_\_\_\_\_

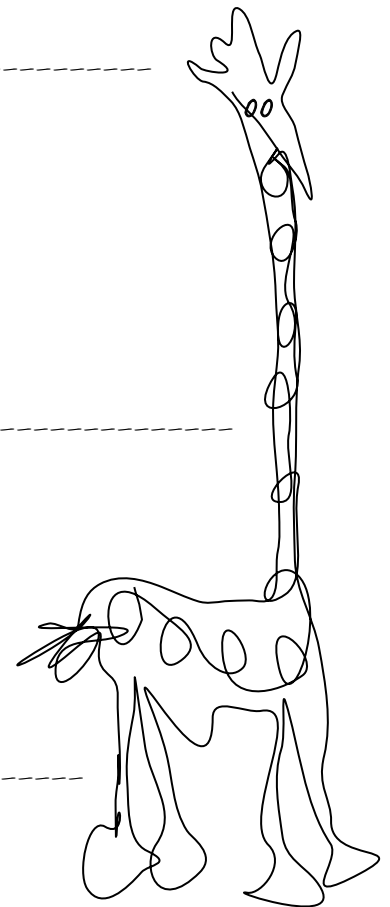


When I \_\_\_\_\_  
I feel \_\_\_\_\_  
because it contributes to my need for \_\_\_\_\_

When I remember \_\_\_\_\_  
I feel \_\_\_\_\_  
because it contributes to my need for \_\_\_\_\_



When I \_\_\_\_\_  
I feel \_\_\_\_\_  
because it contributes to my need for \_\_\_\_\_



Based on the work of Marshall Rosenberg - Nonviolent Communication. [www.cnvc.org](http://www.cnvc.org)

please keep all contact info intact when sharing