

7 DAY GRATITUDE JOURNAL

CELEBRATING OUR PLANET AND OUR
LIVES HERE ON IT

Earth Day 2022

unthsc.edu/earthday



"The Earth is what we all have in common."

Wendell Berry, Novelist

INTRODUCTION

Expressing gratitude may decrease stress, lead to better sleep, and increase feelings of happiness and compassion ([learn more here](#)). We could all use more of these positive things in our lives! As we celebrate the planet this month ([learn more at unthsc.edu/earthday](#)), we encourage you to practice gratitude for 7 days. Use this guide to start the practice. Resources are included at the end if you wish to continue.

TIPS:

- **Keep it simple.** Even 5 minutes spent expressing gratitude is an accomplishment.
- **Remind yourself.** Set an alarm or get an accountability partner.
- **Be specific.** Specificity will take your gratitude to a deeper level.
- **Think positively.** If you have a challenging day, try being thankful for a positive outcome that may come out of the situation.

DAY 1

Today, I'm grateful for:

DATE

Gratitude Action of the Day:

Take a moment to be grateful for the food you have to eat. Express gratitude for the farmers that grew it, the land and resources used, and your body for using it to fuel and sustain you. Make any notes below.

"Ask yourself what you really want. Don't limit yourself to what you think is possible."

Andre Norman, From Prison to Harvard

DAY 2

Today, I'm grateful for:

DATE

Gratitude Action of the Day:

Take a moment to be grateful for the air you breath. As you do this, try doing a simple breathing exercise such as box breathing ([learn more here](#)). Write down any thoughts below.

DAY 3

Today, I'm grateful for:

DATE

Gratitude Action of the Day:

Be grateful for clean water to drink, and how it keeps you alive. Express gratitude for its beauty as well as water's recreation purposes. Below, write how your grateful for water.

"It's not ours, it's just our turn."

Doug Duren, American hunter, farmer, land
manager and conservationist

DAY 4

Today, I'm grateful for:

DATE

Gratitude Action of the Day:

Think about a place you love. Imagine yourself there. In your mind, picture what it looks like, think about its smells, and what you hear when you're there. Express gratitude for this place in the space below.

DAY 5

Today, I'm grateful for:

DATE

Gratitude Action of the Day:

We share this planet and our experiences on it with people all around us. Think about different people in your life, and be grateful for them. Write down the names of some people below and why you're grateful.

"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together ... all things connect."

Native American Chief Seattle

DAY 6

Today, I'm grateful for:

DATE

Gratitude Action of the Day:

As you're on campus or around where you live, take a moment to notice the nature around you. Be grateful for the trees and plants, and make any notes below.

DAY 7

Today, I'm grateful for:

DATE

Gratitude Action of the Day:

We spend a lot of our time working or in school here at HSC. Express gratitude for our university, the people you've met here, and the experiences you've gained. Write any takeaways below.

RESOURCES

Want to keep up the practice of gratitude? Below are some resources to help keep you going.

- [Collection of Templates, Ideas, & Apps](#)
- [Gratitude Journal from Greater Good Science Center](#)
- [Gratitude Inspiration for Earth Day and Everyday](#)
- [5 Eco-friendly Ways to Give Thanks to Earth](#)
- [Suggestions on Journals](#)



ABOUT HSC SUSTAINABILITY

[HSC's Earth Day Celebration](#) is hosted by HSC Sustainability, which is a student funded initiative through Facilities Management. In 2010, students voted to implement a fee to support more sustainable and environmental improvements on campus, and our program was born. The fee has supported projects such as the [HSC Community Garden](#), [bottle filling stations](#), [alternative transportation](#), and more. Follow/like us on social media and check out our website to learn more.

unthsc.edu/sustainability

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"You cannot get through a single day without having an impact on the world around you. What you do makes a difference and you have to decide what kind of difference you want to make."

Jane Goodall, Primatologist and Anthropologist