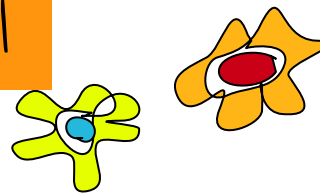


Giraffe / Gratitude Journal

kate@kateraffin.com September 2019



'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.

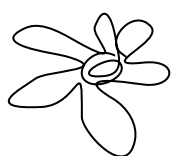
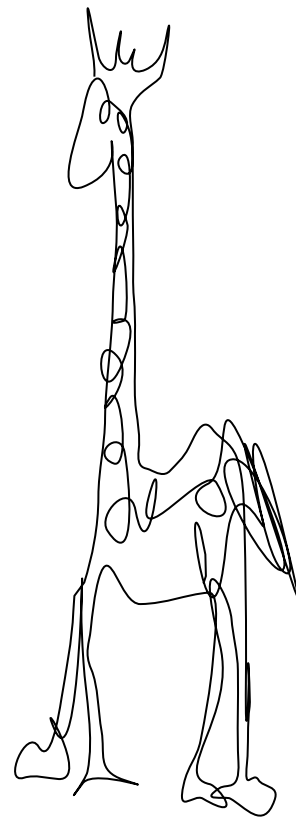
At the end (or beginning) of your day,
take a moment to review the passed 24 hours.
Recall something that you did that contributed
to another's life or well being.

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.

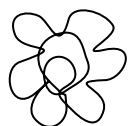
(try using your non-writing hand to draw this - as I have with these drawings)

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 :-



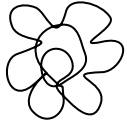
When I remember Emily offering to contribute financially for my time,
I feel **warm** and **open** because this contributes to my needs for
connection, **respect**, **consideration** and **sustenance**.



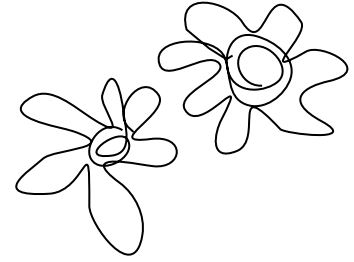
When I called Susan to see how the meeting went,
I feel **warm** and **grateful**, because it contributes to my needs for
connection, **care**, **support** and **integrity**.

Giraffe Journaling - Kate Raffin January 2018

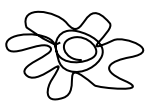
kate@kateraffin.com - feedback welcome



Worksheet



When I remember _____
I feel _____
because it contributes to my need for _____



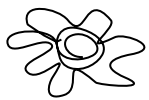
When I _____
I feel _____
because it contributed to my need for _____

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 _____

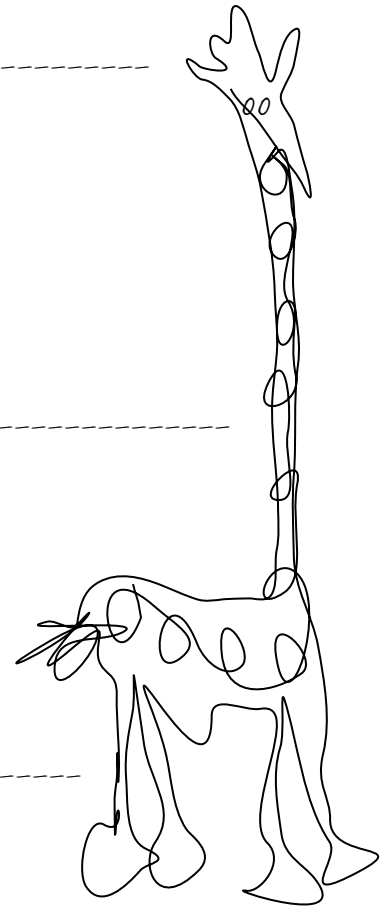


When I _____
I feel _____
because it contributes to my need for _____

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