

JOURNALING E-BOOK

FOCUSED ON GRATITUDE, BIBLICALLY
BASED

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Welcone!

I am a Licensed Professional Counselor and I have created this ebook as a ready-made way to help you shift your focus onto helpful, supportive thoughts. I hope you find it useful.



Tiffang Viveros. OC

WHAT ARE THREE THINGS YOU'RE DOING TODAY, AND HOW CAN YOU EMBRACE THEM WITH GRATITUDE?

THINK ABOUT 1 THESSALONIANS 5:16-18: "REJOICE ALWAYS, PRAY WITHOUT CEASING, GIVE THANKS IN ALL CIRCUMSTANCES; FOR THIS IS THE WILL OF GOD IN CHRIST JESUS FOR YOU." THIS BIBLE VERSE GIVES US ACTIONS TO TAKE. HOW CAN YOU BE MORE INTENTIONAL ABOUT BEING ACTION-ORIENTED IN YOUR GRATITUDE?

REFLECT ON A RECENT DIFFICULTY OR SETBACK. WHAT LESSON OR SILVER LINING CAN YOU FIND IN THAT EXPERIENCE TO BE GRATEFUL FOR?

WHO IS ONE PERSON YOU ARE ESPECIALLY GRATEFUL FOR TODAY? WRITE ABOUT HOW THEY HAVE POSITIVELY IMPACTED YOUR LIFE.

THINK ABOUT YOUR RESPONSES TO LIFE IN GENERAL. WHAT IS ONE SMALL, INTENTIONAL SHIFT YOU CAN MAKE IN YOUR PERSPECTIVE THAT WOULD SHOW MORE GRATITUDE? HOW WOULD YOUR LIFE BE DIFFERENT IF YOU WERE INTENTIONAL ABOUT FOCUSING ON GRATITUDE?

THINK OF A MOMENT WHEN YOU FELT AWE OR PEACE IN NATURE. DESCRIBE THE EXPERIENCE AND WHY IT FILLED YOU WITH GRATITUDE.

REFLECT ON JOHN 16:33: "I HAVE SAID THESE THINGS TO YOU, THAT IN ME YOU MAY HAVE PEACE. IN THE WORLD YOU WILL HAVE TRIBULATION. BUT TAKE HEART; I HAVE OVERCOME THE WORLD."

WRITE ABOUT A CHALLENGING TIME WHEN GOD GAVE YOU PEACE AND COMFORT.

AND COMPORT.	

REFLECT ON MATTHEW 5:16
"IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE OTHERS, SO
THAT THEY MAY SEE YOUR GOOD WORKS AND GIVE GLORY TO
YOUR FATHER WHO IS IN HEAVEN."
HOW CAN YOU BE MORE INTENTIONAL IN CONDUCTING YOUR
LIFE IN THIS MANNER?

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REFLECT ON HEBREWS 10:24

"AND LET US CONSIDER HOW TO STIR UP ONE ANOTHER TO LOVE AND GOOD WORKS."

THIS IS A CALL TO ACTION TO ENCOURAGE EACH OTHER AND BE "OTHERS FOCUSED". HOW COULD THIS SHIFT IN FOCUS BE HELPFUL? HOW WOULD YOU BE INTENTIONAL ABOUT DOING THIS?

IMAGINE A FUTURE MOMENT THAT BRINGS YOU JOY (E.G., A GOAL ACHIEVED, A DREAM FULFILLED). WRITE ABOUT HOW YOU CAN GET STARTED (ONE SMALL, MANAGEABLE STEP) AND INCLUDE HOW GRATITUDE WILL BE A PART OF THE PROCESS.

NEED MORE?



My hope is that these writing exercises have allowed for exploration in how gratitude can be instrumental in changing perspectives and attitudes.

If you find that there is still confusion or angst, please reach out to us and allow us to partner with you in this problem solving journey. We are ready to lend a hand!

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