GRATITUDE JOURNAL

21 Day Journey to a Healthier and Happier Life

Sherrell McLean, LMSW

Why Gratefulness?

Gratefulness is the acknowledgement and genuine appreciation for people, places, things, and experiences in your life.

But when "life happens" it can be challenging to focus on solutions and be positive. Often times, sadness, worry, stress, anxiety, doubt, and fear cloud our thoughts and judgements. Creating an inability to function at our highest capacity and interfering with all other areas of our lives; mentally, emotionally, physically, financially, sexually, and spiritually.

.Motivation to work decreases. Procrastination increases. Mood is frequently negative. Sleep is sometimes non- existent. Escalated involvement in unhealthy behaviors like smoking, drinking alcohol,substance use, over eating, risky sex, etc.... Adding more problems to situations that may already be difficult.

So how can you handle those difficult times? One simple way is to embrace an attitude of gratitude. Finding something to be thankful for, daily, can lead to higher quality sleep, better mood, improvement in relationships, increased productivity, and creates resilience to cope with stress better. In the sports world, we'd call that a win towards mental toughness, which will benefit performance and team culture. Who doesn't want that right?

Shifting your thinking doesn't happen over night though. They say it takes 21 days to change a habit so here we are. For the next 21 days, you will be embarking on a journey, working towards a healthier and happier lifestyle. It's work because you don't just wave a magic wand and everything is exactly how you want it to be. You have to put in the effort to make this change in your thought process. Be consistent. Stay committed. Embrace an attitude of gratitude.

Sherrell McLean, LMSW

What's Included

The pages of this journal are filled with:

AFFIRMATIONS	Positive self declarations
MOTIVATIONAL QUOTES	Encouraging words
GRATEFULNESS QUIZ	See how grateful you are
THOUGHT PROMPTS	Journal topics to write about
ACTION STEPS	Ways to show gratitude
REFLECTION SPACE	Space for end of day thoughts
MOOD CHECK-INs	Space to identify and Acknowledge how you feel. (list of emotions on next page)
SLEEP SCORE SPACE	Space to record your sleep score by using an App (Sleep Score, Sleep Cycle, Sleep Time) or to write down the numbers of hours of sleep you got the night before.
F-IT" LIST SPACE	The Forget it space is to write down all the things that went wrong that day, or that annoy you, or that upset. Cross off all the things you can instantly let go of to clear some mental space.. Star the things you're struggling to release.

How Do You Feel Today?

Happy	Satisfied	Blessed
Afraid	Jealous	Bashful
Sad	Miserable	Depressed
Amused	Confused	Enraged
Bored	Angry	Frightened
Anxious	Sick	Interested
Confident	Ashamed	Shy
Suspicious	Withdrawn	Hopeful
Surprised	Indifferent	Regretful
Loved	Sorry	Scared
Curious	Determined	Stubborn
Thoughtful	Ecstatic	Thirsty
Pained	Lonely	Guilty
Optimistic	Frustrated	Nervous
Relieved	Hurt	Embarrassed
Puzzled	Hungry	Disgusted
Shocked	Tired	Proud
Joyful	Smug	Excited
Sleepy	Skeptical	Worried
Exhausted	Overwhelmed	Annoyed

Sherrell McLean, LMSW

How Grateful Are You?

I am happy.

1 2 3 4 5 6 7 8 9 10

Not at all — Absolutely

I have many reasons to smile.

1 2 3 4 5 6 7 8 9 10

Not at all — Absolutely

I have a long list of things to be grateful for and happy about.

1 2 3 4 5 6 7 8 9 10

Not at all — Absolutely

I move forward with my life quickly after stressful times.

1 2 3 4 5 6 7 8 9 10

Never — Always

I usually have a normal heart rhythm, chest pain free, and live without shortness of breath

1 2 3 4 5 6 7 8 9 10

Never — Always

It hardly ever takes a long time for me to recognize the good in things and people.

1 2 3 4 5 6 7 8 9 10

Not at all — Absolutely

I have a good nights' rest regularly.

1 2 3 4 5 6 7 8 9 10

Never — Always

I am productive through the day.

1 2 3 4 5 6 7 8 9 10

Never — Always

The older I get, the more appreciative I am of people, places, and experiences from my past and current life.

1 2 3 4 5 6 7 8 9 10

Never — Always

I express my gratitude easily by writing it down, sharing it with others, and/or expressing it in other ways.

1 2 3 4 5 6 7 8 9 10

Never — Always

Sherrell McLean, LMSW

Your Gratefulness Score

Total all the numbers you picked from the gratefulness quiz on the previous page.

If you scored between 0-20:

Your gratefulness level is **LOW**. It seems like you experience minimal gratefulness. It's ok. Life is hard sometimes. Just know you are not alone and people are available to support you. Now is the perfect opportunity to start embracing an attitude of gratitude and reaching out to someone for help may be a next step for you in your journey.

If you scored between 21-40:

Your gratefulness level seems **FAIR**. It seems like you experience gratefulness a little more than minimal gratefulness. It can be hard to see the good in all the bad. Just know there is help to support you on the journey. Take some time to think about what you can do to increase the amount of gratefulness you write about, talk about, or share in on a regular basis.

If you scored between 41-60:

Your gratefulness level seems **MODERATE**. It seems like you experience gratefulness a little more than half the time. You are on your way to being more consistent in your appreciation for people, places, things, and life experiences. Take some time to think about what you can do to increase the amount of gratefulness you write about, talk about, or share in. Bring someone along for your journey to encourage you to continue.

If you scored between 61-80:

Your gratefulness level seems **GOOD.** It seems like you experience gratefulness most of the time. Take some time to think about what you can do to increase the amount of gratefulness you write about, talk about, or share in. Bring someone along for your journey to encourage you along the way. The more you surround yourself with grateful people, the more you yourself will practice gratefulness.

If you scored between 81-100:

Your gratefulness level seems **ON POINT!** Keep up with healthy habits and consider getting an accountability coach to keep your gratefulness levels high. Remember, the more grateful you are the higher quality sleep you'll get; the better mood you'll be in, the more productive you'll be; the more positivity you'll have towards stressful situations; and the better your relationships with others will be. Continue being grateful and encourage your friends and family to do the same.

Sherrell McLean, LMSW

Are You Ready?

Let's Get Started!!

Sherrell McLean, LMSW

Day 1

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"Being thankful is not always experienced as a natural state of existence, we must work at it, akin to a type of strength training for the heart." – Larissa Gomez

Action Step

Listen to a song that helps you feel calm and less worried

Today's Affirmation

I am grateful to release worry and receive calmness in my life.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 1

Write freely or about what makes you feel calm during stresfull times

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?:

Day 2

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"Remember that what you now have was once among the things that you had hoped for." – Epicurus

Action Step

Tell a friend or even a stranger one of your passions and why you love it.

Today's Affirmation

I am so grateful for my passions and the happiness they bring me.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 2

Write freely or about something you love to do and why.

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?:

Day 3

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"Things turn out best for people who make the best of the way things turn out." -John Wooden

Action Step

Volunteer your time doing something to help someone else

Today's Affirmation

I let go of all things that are getting in the way of me being gratitude.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 3

Write freely or describe 3 things you are looing forward to next week

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?:



Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"The soul that gives thanks can find comfort in everything; the soul that complains can find comfort in nothing." —Hannah Whitall Smith

Action Step

Buy something from or donate to a small business, or write a review about someone's great product or service.

Today's Affirmation

I am grateful that I have the opportunity to reach my goals and dreams.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 4

Write freely or jot down 3 goals you are working and their progress

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?:

Day 5

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"Let us be grateful to people who make us happy;
they are the charming gardeners who make our souls blossom."
– Marcel Proust

Action Step

Share one thing you've learned from a recent challenge you've experienced with someone

Today's Affirmation

All challenges are an opportunity for growth and I am thankful for the chance to evolve.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 6

Write freely or describe the best thing that happened so far today

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?:

Day 6

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"When you look at life through the eyes of gratitude, the world becomes a magical and amazing place."
– Jennifer Gayle

Action Step

Share with someone what you are grateful for.

Today's Affirmation

I find something to be grateful for everyday

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Day 7

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"Gratitude bestows reverence...changing forever how we experience life and the world."- John Milton

Action Step

Take 2 minutes to do some deep breathing

Today's Affirmation

I am so grateful to be alive. Every breath I take is a gift.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 7

Write freely or about what you have to live for.

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?:

Day 8

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"Gratitude is a powerful catalyst for happiness.
It's the spark that lights a fire of joy in your soul."
- Amy Collette

Action Step

Share with someone about a lesson that turned into a blessing

Today's Affirmation

I accept my burdens and I accept my blessings, and so I transform my burdens into my blessings.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 8

Write freely or about a difficult experience that you overcame

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?:

Day 9

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"What separates privilege from entitlement is gratitude."
- Brené Brown

Action Step

Tell someone you love them

Today's Affirmation

I am eternally grateful for the love I am capable of giving, and for the love I have yet to receive.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 9

Write freely or describe a time where you recieved or expressed love

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?:

Day 10

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good."- Maya Angelou

Action Step

Spend some time enjoying nature

Today's Affirmation

I see the beauty in the nature that surrounds me.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 10

Write freely or about your favorite outdoor activities and memories

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?:

Day 11

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude." Ralph Waldo Emerson

Action Step

Do something today that makes you happy



Today's Affirmation

The feeling of gratefulness expands my perspective and opens me up to new ways of living happily in this world.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 11

Write freely or about what makes you happy.

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?:

Day 12

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for." – Epicurus

Action Step

Spend at least 5 minutes meditating on the positive things to come

Today's Affirmation

I am learning to be grateful for what I have while being excited for what has yet to come.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 12

Write freely or about how your life is more positive now than a year ago

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?:

Day 13

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time."
- Douglas Wood

Action Step

Perform a random act of kindness for a friend or stranger

Today's Affirmation

I am grateful for my health and the capabilities of my body.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 13

Write freely or about aspects of your health that you are most grateful for

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?

Day 14

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack."- Germany Kent

Action Step

Write a note, text or call someone telling them how much you appreciate them

Today's Affirmation

I am grateful for the genuine connections I make with people daily

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 14

Write freely or about a person who has made an impact in your life

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?

Day 15

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow."- Melody Beattie

Action Step

Smile for 5 seconds 5 times throughout the day

Today's Affirmation

I'm grateful for everything I can see, hear, smell, or taste that makes me smile.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 15

Write freely or about your favorite things to see, hear, smell, or taste

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?

Day 16

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself." – Tecumseh

Action Step

Share with someone about something special you're looking forward to today

Today's Affirmation

I embrace today with open arms

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 16

Write freely or about what you're looking forward to today.

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?

Day 17

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"None is more impoverished than the one who has no gratitude. Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy." —Fred De Witt Van Amburgh

Action Step

Do something you've never done before

Today's Affirmation

I am ready for a new day filled with opportunities

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 17

Write freely or about the something new you plan on trying tomorrow

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?

Day 18

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"The roots of all goodness lie in the soil of appreciation for goodness."
—Dalai Lama

Action Step

Send a letter, card, or email to some onw whos made a positive impact in your life.

Today's Affirmation

I am thankful for the positive relationships in my life

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 18

Write freely or about the people you are grateful for and why.

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?

Day 19

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." —Oprah Winfrey

Action Step

Share an encouraging word with someone

Today's Affirmation

I'm so grateful for the power of forgiveness and compassion in my life and in the lives of those close to me.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 19

Write freely or about how you've experienced or expressed forgiveness

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?

Day 20

Today's date: _____

Today I feel: _____

Sleep score: _____
(or number of Hours of Sleep)

"Gratitude is the healthiest of all human emotions.. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for." —Zig Ziglar

Action Step

Call, text, or write a thank you note to someone who's supported you in the past.

Today's Affirmation

I live in a state of gratitude and I am always thankful for the support of others who have helped me along the way.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 20

Write freely or describe a time when you felt most supported.

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?

Day 21

Today's date: _____

Today I feel: _____

Sleep score: _____

or number of Hours of Sleep the previous night

"Life is 10% what happens to you and 90% how you react to it."
– Chuck Swindoll

Action Step

Follow me and share your journey with me on social media

@sherrellmarie1

Today's Affirmation

All I have right now is this moment and this moment is enough. For that, I am grateful.

"F-it" List

Is there anything bothering you today? Jot it Down.

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Remember to cross off the things you can instantly let go of to clear some mental space. Star the things you are struggling to release.

Today's date: _____

Day 21

Write freely or about the benefits of your gratefulness journey

End of the Day Reflection: How was your day? What did you accomplish? What do you still have to get done?

Congratulations!!!

YOU DID IT!

21 days of hard work, dedication, and determination and it paid off!

(Redo your gratefulness quiz to see if your score increased)

Be proud of yourself for being consistent and committed to this process! Proving that you can accomplish anything you set your mind to and have so much to be grateful for.

As you continue to pursue your dreams and accomplish your goals, remember to keep practicing gratefulness with the expectation of living a happier and healthier life!

Sherrell McLean, LMSW

Meet Sherrell



Sherrell (Marie) McLean is a trained Life Coach, Licensed Social Worker, and sports counselor specializing in working with clients who are athlete minded, have difficulty dealing with navigating life transitions, and working towards mental and emotional fitness.

Sherrell is especially passionate about journeying through life with current and former athletes, as well as coaches, helping them to unpack experiences in athletics, shifts in sports, careers, and applying game-like skills and mentality in everyday life.

Sherrell and her clients grow through life valuing honesty and transparency, practicing mindfulness techniques, and using trauma informed care principles to help reduce stress, strengthen identity, achieve personal goals, and implement healthy lifestyle habits. Ultimately, empowering clients to live their best lives and maintain stability in all areas of health and wellness.

Born and raised in Buffalo, New York (Bills Mafia), **Sherrell** holds a Bachelors degree in both Social Work and Psychology from SUNY Buffalo State, where she played Four years of Division III Volleyball (Go Bengals!), and a Masters degree in Social Work from the University at Buffalo (Go Bulls).

Sherrell previously served as the Assistant Womens Volleyball coach at D'Youville College for three years and over the past nine years, Sherrell has volunteered as a head and assistant coach for Nickel City Volleyball Club, local summer camps, and the varsity program at City Honors School.

Sherrell McLean, LMSW

Planning Your Next Steps?

Get on Sherrell's calendar to be held accountable to crush your goals, commit to being holistically healthy through your life changes, and get support to level up your life.

www.calendly.com/sherrellmarie1

Sherrell McLean, LMSW