HOW TO TURN JUNK INTO JOY

Inspiration + Ideas to use from “the junk of life” in your gratitude journal.

PRODUCT PACKAGING
Start thinking creatively about things you use daily that bring you joy!

- Fruit + Veggie Stickers/Labels
- Labels from Favorite Drinks
- Use Images + Words from Products You Use on a Regular Basis
- Labels from Soaps, Beauty Supplies, and Personal Care Items
- Tags from New Clothes
- Wrapping Paper from Gifts

FROM THE MAILBOX
You might actually start to look forward to junk mail!

- Cut out images from advertisements
- Community Newspapers & Magazines
- Envelopes/Bills you are thankful for being paid
- Greeting cards
- Event invitations

THE PLACES YOU GO
What “paper stuff” comes from the places you visit?

- Ticket stubs
- Coffee Shop/Restaurant Receipts
- Travel Brochures
- Receipts from gas stations
- Receipts from stores and recent purchases

MORE IDEAS + INSPIRATION

- Go through your purse, wallet or backpack for paper bits from daily moments that remind you of things you are thankful for.
- Flip through old magazines or book pages for images you can cut out to place in your journal to represent feelings of gratitude.
- Leftover office, school or craft supplies can be used for making pockets or attaching new pages.
- Add texture + dimension with cardboard, cellophane, fabric scraps, etc.
GRATITUDE JOURNAL PROMPTS

Use these ideas for images + words to include in the pages of your gratitude journal.

• Something that made you smile today
• Something funny that made you laugh
• Your favorite thing when you wake up in the morning
• Something you are good at doing
• What did you enjoy the most today?
• A favorite place you like to visit
• An act of kindness someone showed you
• A book you are grateful for reading
• What weather are you grateful for today?
• Modern inventions you are thankful for
• Something you take for granted
• Favorite things you like about your job or work
• Something you learned about recently
• Someone who made a positive difference in your life
• A favorite activity you enjoy doing
• Day of the week - What’s your favorite thing about Mondays {…or do you like Fridays more?}
• Favorite websites you are grateful for
• Something that makes your life easier
• A favorite food you enjoy
• Something you use every single day
• Something in nature
• Something you wear that makes you feel good {clothes, jewelry, makeup, etc.}

• Something that keeps you warm
• Something that helps you relax
• A favorite song you love
• Transportation - what are you grateful for about the things that help you travel?
• A recent “small success” - from getting out of bed in the morning to remembering to do something you might usually forget
• Something that cheers you up on a rough day
• Basic skills you learned as a child - how to tie your shoes or how to read/write
• Technology you use every single day
• Something that helps keep you healthy
• Someone who inspires you
• Something that was a wish come true
• Favorite things about this season {winter, spring, summer, fall}
• Holidays you are thankful for
• What you are grateful about your home
• A difficult experience that you learned from
• A good experience with customer service somewhere
• The best thing that happened this week
• A favorite quote or saying that makes you happy
• Something you were putting off but finally did anyways

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GRATITUDE: GOOD STUFF

This is a wonderful day. I’ve never seen this one before. – Maya Angelou

“Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything it is.” - Mandy Hale

what do you Love? {do more of that!}

what i love about __________ :

Why I Am Thankful Today:

#gratitude

It’s the little things that make life BIG.

Joy is not in things; it is in us. ~Richard Wagner

thankful

the “good stuff of life” is not so much the “stuff” but what we make of it

sometimes we find the most joy in the most unexpected places

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