



# JUST BREATHE

*with Renee*

[ The collective experience of healing through education,  
intuition and the understanding of each individual breath ]

Retreats•Events•Healthcare Navigation



# Hello & Welcome!

Practicing gratitude can shift your perspective, increase your happiness, and create a ripple effect of positivity in your daily life. By learning to identify and recognize the things you're grateful for each day, you can unlock a world of joy and contentment that you might not have realized was within your reach.

In the following pages, I will guide you through the art of cultivating gratitude, offering practical insights, actionable tips, and daily exercises that will help you integrate gratitude into your routine. New habits are formed within 22 days and by the end of this, you'll have the tools and mindset needed to:

- Embrace the present moment with appreciation
- Discover the extraordinary in the ordinary
- Cultivate a sense of contentment and fulfillment

Whether you're new to the practice of gratitude or looking to deepen your existing practice this guide was designed to provide valuable insight and support your journey toward a more joyful and grateful life.

Renee Smith  
Just Breathe with Renee

# Begin Here

Gratitude is more than a fleeting feeling; it's an evidence-based wellness practice that can transform your life. It's about recognizing and acknowledging the treasures that surround us that make life extraordinary.

Here are a few tips to help you cultivate gratitude this month and going forward.



**Write it down!** Keep a gratitude journal or a daily list of what you're thankful for. Post your daily gratitude list in a place where you'll see it often as a positive reminder throughout the day. Habits are created after doing something for 22 days so we specifically created this to help you form a new habit.



**Pay attention.** Continue to look for things throughout the day to be thankful for. The more you develop this practice, the easier it becomes. This leads to more positive emotions and improves psychological health.



**Make a mental note.** Incorporate thoughts of gratitude into your daily prayer or meditation. This is such a powerful way to think about those things that bring us joy and to take a moment to truly recognize and reflect on them.

# Gratitude Resources

Keep track of your gratitude resources such as books, podcasts, youtube channels, courses, quotes, apps, etc...

## books

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“Be patient with yourself. Self-growth is tender; it’s holy ground. There’s no greater investment.”

Stephen Covey

# Gratitude Ideas

Here are some ways that you can bless others and practice gratitude in your life.

Give a care package to someone in need

Let someone else have a parking spot

Reconnect with someone you've lost touch with

Give your pet a special treat

Send a handwritten note to a loved one

Cook your loved one's favorite meal

Bake a treat for your neighbors

Be an active listener

Compliment a coworker for their hard work

Donate a bag of dog or cat food to your local ASPCA

Thank a veteran for their service

Thank your mentors for their impact on your life

Clean up a few pieces of trash at your favorite park

Hug someone you love

Hold the door open for someone

Help the cashier bag your groceries

Give someone a small gift, just because

Pay for the order of the person behind you in line

Call a friend

Donate old clothes or belongings to a local charity

Call your family

Forgive someone

Tell your family how much you admire them

Speak to someone who is sitting alone

Treat a coworker to coffee

Say only positive things to people

Volunteer at a soup kitchen

Leave a generous tip for a waiter

Feed someone else's parking meter

Be kind to yourself

# Gratitude Journal

Day 1

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Day 2

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Day 3

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Day 4

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Day 5

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# Gratitude Journal

Day 6

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Day 7

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Day 8

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Day 9

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Day 10

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# Gratitude Journal

Day 11

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Day 12

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Day 13

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Day 14

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Day 15

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# Gratitude Journal

Day 16

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Day 17

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Day 18

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Day 19

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Day 20

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# Gratitude Journal

Day 21

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Day 22

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Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend."

~ Melody Beattie

# Affirmations



Each day, I choose to focus on the positive aspects of my life, and I am thankful for the simple joys that surround me.



I practice gratitude daily, and it transforms my perspective. I am open to the beauty of the present moment and express thanks for the blessings in my life.

Write your own:



Write your own:



# Gratitude Envelope

Fill this envelope with all the things you're grateful for and see the many reasons you have to be thankful in this life.





*Just Breathe,  
you've created a new habit of practicing gratitude.*

Thank you for joining me on this 22 day gratitude journey. Each and every day there is something to be grateful for, no matter how big or small.

I've included my email address and other ways to connect with me. I would love for you to share your journey and ask any questions that you may have.

Know in your heart, all you have have to do is ~ Just Breathe.



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