

A soccer player in a white jersey with the number 6 is celebrating on a field, holding a large silver trophy high above his head. He is wearing a maroon jacket and a white scarf. Other players in maroon jackets and white shorts are visible in the background, also celebrating. The scene is set in a stadium with spectators in the stands.

# GRATITUDE

## RESILIENCE BUILDING JOURNAL PROMPTS



Soccer  
Resilience

# THE BENEFITS OF GRATITUDE

BY SOCCER RESILIENCE

Life can get pretty hectic, right? But what if we told you there's a simple and fun way to boost your mental and physical well-being? It's called gratitude, and it's a game-changer!

Research has shown that practicing gratitude can zap stress, supercharge your sleep, and even turbocharge your relationships. Plus, it's like a superhero that fights off cellular inflammation. Ready to give it a whirl? You don't need a fancy gratitude journal; any old notebook will do. Just grab a pen and pick a few of these cool prompts to jot down each day. Trust us, you'll be amazed at how much happier and healthier you'll feel when you make gratitude a part of your daily routine!



**DAY 1:** \_\_/\_\_/\_\_\_\_\_

WHAT'S SOMETHING YOU'RE LOOKING FORWARD TO?

**DAY 2:** \_\_/\_\_/\_\_\_\_\_

LIST FIVE THINGS THAT IMMEDIATELY MAKE YOU SMILE.

- 1.
- 2.
- 3.
- 4.
- 5.

**DAY 3:** \_\_/\_\_/\_\_\_\_\_

WHAT CHEERS YOU UP WHEN YOU'RE FEELING SAD OR HAVING A BAD DAY?

**DAY 4:** \_\_/\_\_/\_\_\_\_\_

WHAT'S YOUR FAVORITE HOBBY, AND WHY DOES IT BRING YOU JOY?

**DAY 5:** \_\_/\_\_/\_\_\_\_\_

WHAT UNIQUE TALENT OR ABILITY DO YOU POSSESS?

**DAY 6:** \_\_/\_\_/\_\_\_\_\_

WHAT'S THE ACCOMPLISHMENT YOU'RE MOST PROUD OF IN YOUR PERSONAL LIFE?

**DAY 7:** \_\_/\_\_/\_\_\_\_\_

WHAT'S THE ACCOMPLISHMENT YOU'RE MOST PROUD OF IN YOUR PROFESSIONAL LIFE?

**DAY 8: \_\_/\_\_/\_\_\_\_\_**

**DESCRIBE YOUR FAVORITE SMELL.**

**DAY 9: \_\_/\_\_/\_\_\_\_\_**

**LIST FOUR THINGS YOU'LL CONSCIOUSLY STOP TO NOTICE AND APPRECIATE TOMORROW.**

- 1.
- 2.
- 3.
- 4.

**DAY 10: \_\_/\_\_/\_\_\_\_\_**

**DESCRIBE YOUR FAVORITE TASTE.**

**DAY 11: \_\_/\_\_/\_\_\_\_\_**

**DESCRIBE YOUR FAVORITE SOUND.**

**DAY 12: \_\_/\_\_/\_\_\_\_\_**

**WHAT'S YOUR FAVORITE SEASON AND WHY?**

**DAY 13: \_\_/\_\_/\_\_\_\_\_**

**WHAT'S YOUR FAVORITE TIME OF DAY AND WHY?**

**DAY 14: \_\_/\_\_/\_\_\_\_\_**

**WHAT'S A GUILTY PLEASURE YOU'RE GRATEFUL FOR?**

**DAY 15:** \_\_/\_\_/\_\_\_\_\_

WHAT'S THE BEST THING ABOUT YOUR CURRENT AGE?

**DAY 16:** \_\_/\_\_/\_\_\_\_\_

NAME 4 PEOPLE YOU'VE NEVER MET WHO HAVE INSPIRED YOU.

- 1.
- 2.
- 3.
- 4.

**DAY 17:** \_\_/\_\_/\_\_\_\_\_

WHAT'S A SIMPLE PLEASURE THAT MADE YOU HAPPY TODAY?

**DAY 18:** \_\_/\_\_/\_\_\_\_\_

WHAT'S ONE POSITIVE THING, BIG OR SMALL, THAT HAPPENED TO YOU TODAY?

**DAY 19:** \_\_/\_\_/\_\_\_\_\_

NAME AN ACT OF KINDNESS THAT SOMEONE DID FOR YOU TODAY.

**DAY 20:** \_\_/\_\_/\_\_\_\_\_

NAME AN ACT OF KINDNESS THAT YOU DID FOR SOMEONE ELSE TODAY.

**DAY 21:** \_\_/\_\_/\_\_\_\_\_

WHAT'S YOUR FAVORITE PART OF YOUR DAILY ROUTINE?

**DAY 22: \_\_/\_\_/\_\_\_\_\_**

**WHAT'S YOUR FAVORITE THING ABOUT YOUR MORNING ROUTINE?**

**DAY 23: \_\_/\_\_/\_\_\_\_\_**

**NAME FIVE THINGS YOU LOVE ABOUT YOUR HOME.**

- 1.
- 2.
- 3.
- 4.
- 5.

**DAY 24: \_\_/\_\_/\_\_\_\_\_**

**WHAT'S YOUR FAVORITE THING ABOUT YOUR NIGHTTIME ROUTINE?**

**DAY 25: \_\_/\_\_/\_\_\_\_\_**

**WHAT'S YOUR FAVORITE THING ABOUT THE CURRENT SEASON?**

**DAY 26: \_\_/\_\_/\_\_\_\_\_**

**NAME ONE LUXURY YOU ENJOY ON A DAILY BASIS.**

**DAY 27: \_\_/\_\_/\_\_\_\_\_**

**NAME THE FAMILY OR TEAM TRADITION YOU'RE MOST GRATEFUL FOR.**

**DAY 28: \_\_/\_\_/\_\_\_\_\_**

**NAME A TRADITION WITH FRIENDS THAT YOU'RE GRATEFUL FOR.**

**DAY 29: \_\_/\_\_/\_\_\_\_\_**

**WHO'S FORGIVEN YOU FOR A MISTAKE YOU MADE AND GIVEN YOU A SECOND CHANCE?**

**DAY 30: \_\_/\_\_/\_\_\_\_\_**

**NAME AT LEAST ONE THING YOU'RE GRATEFUL FOR ABOUT EACH PERSON IN YOUR FAMILY.**

- 1.
- 2.
- 3.
- 4.

**DAY 31: \_\_/\_\_/\_\_\_\_\_**

**DESCRIBE A FAVORITE MEMORY WITH YOUR PARENT OR PARENTS.**

**DAY 32: \_\_/\_\_/\_\_\_\_\_**

**DESCRIBE A FAVORITE MEMORY WITH A SIBLING OR COUSIN.**

**DAY 33: \_\_/\_\_/\_\_\_\_\_**

**DESCRIBE A FAVORITE MEMORY WITH A CLOSE FRIEND.**

**DAY 34: \_\_/\_\_/\_\_\_\_\_**

**DESCRIBE YOUR MOST CHERISHED MEMORY.**

**DAY 35: \_\_/\_\_/\_\_\_\_\_**

**WHAT'S YOUR FAVORITE SOLITARY ACTIVITY AND WHY?**

# WELL DONE!

Thank you for joining us on this incredible journey of growth and transformation. Your dedication to learning and self-improvement is truly inspiring. As you reach the end of this course, remember that this is just the beginning. Stay tuned for more life-changing courses and products that will empower you to create the life you've always dreamed of. Your potential is limitless, and we can't wait to continue this journey together.

Keep building RESILIENCE!



**"WATCH YOUR THOUGHTS, THEY BECOME YOUR BELIEFS.  
WATCH YOUR BELIEFS, THEY BECOME YOUR WORDS.  
WATCH YOUR WORDS, THEY BECOME YOUR ACTIONS.  
WATCH YOUR ACTIONS, THEY BECOME YOUR HABITS.  
WATCH YOUR HABITS, THEY BECOME YOUR CHARACTER."**





# TERMS OF USE

Unless otherwise indicated, this content is the property of us and are protected, without limitation, pursuant to U.S. and foreign copyright and trademark laws. Any unauthorized use of the materials may violate copyright laws, trademark laws, the laws of privacy and publicity, or communications regulations and statutes.

We hold the exclusive copyrights for all content, materials, articles, assessments, seminars, speaking programs, downloads and our logos displayed on this material. Unless otherwise specified, articles, content and products are for personal and non-commercial use.

You may not copy, distribute, transmit, display, perform, reproduce, publish, license, create derivative works from, transfer, or sell any program, software, products, logos, titles names or services obtained from the Material. Unless otherwise specified, the Material, whether in part or in whole, may not be used or duplicated at a business, non-profit organization, or educational facility without written consent from us.

**THANK YOU SO MUCH –  
AND NEVER STOP BUILDING RESILIENCE!**

**Soccer Resilience®**