



The Modern Creative
Woman Publishing Co.



The Modern Creative Woman
**21 Day Gratitude
Challenge**

by Dr. Amy Backos
Author of ACT Art Therapy and PTSD Art Therapy

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This *21 Day Gratitude Challenge* journal is offered as an educational tool to inspire you to reflect on gratitude and create peace in the world. The journal and writing prompts are offered as inspiration to increase your awareness of gratitude and appreciation. Journaling is a wonderful supplement to therapy and coaching, but it does not replace therapy or personal development with another person.

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Gratitude is an action we can take to affirm there is good in the world. We feel differently when we recognize that much of the goodness we appreciate comes from outside of us...people, places, art, animals, books, beauty, nature, spirituality, music and so much more.

Focus on the good in you, family and community

Gratitude brings a sense of peace. I believe we contribute to a more peaceful world when we focus on gratitude. It is my hope that the 21 Day Gratitude Challenge contributes to a little more peace in the world through art and written reflection. Consider this challenge as your commitment to embark on a path of gratitude, appreciation, and creation for a more peaceful world.

Share your gratitude!

Share the 21 Day Gratitude Challenge with other women you know who might desire inner and outer peace. Tell someone everyday what you are grateful for, share gratitude on your social media, add it to your emails and texts. Use the hashtag #moderngratitude and tag me @dramybackos on Instagram, Facebook and Threads. Enjoy writing and making art each day. Savor your moments of gratitude and pass it on.

With appreciation,
Amy

7 Reasons We All Need Gratitude

1. **Self-Awareness:** Gratitude begins with self-awareness. Before appreciating the world and people around you, it's vital to be intimately aware of yourself and acknowledge your intrinsic worth and value. Self-gratitude is often a profound act for women in recognizing your positive qualities and inherent self-worth.
2. **Self-Care:** Gratitude, whether directed inward or outward, is an act of self-care. It encourages you to be gentle with yourself, nurturing your most fundamental relationship - the one you have with yourself. It prioritizes your well-being, mental health, and self-esteem.
3. **Foundation for Empathy:** Gratitude fosters empathy. When you recognize and appreciate your own blessings and strengths, it is easier to extend understanding and compassion to others. You can relate to and appreciate the experiences of those around you more deeply.
4. **Positive Mindset:** Gratitude contributes to a positive mindset. It fuels a healthier self-image, whether you're focusing on your own accomplishments or celebrating the goodness in the world. Nurturing gratitude helps you maintain an optimistic outlook on life and approach challenges with resilience. And gratitude just feels good!
5. **Resilience:** Gratitude acts as a shield of resilience. When life presents its inevitable challenges, your gratitude becomes a source of strength. It helps you view setbacks as temporary and promotes determination to overcome obstacles.
6. **Balanced Perspective:** Gratitude creates a balance between self and others and offers understanding. It's the art of acknowledging your own worth while also appreciating the contributions of others and external factors that enrich your life. In gratitude, you find equilibrium.
7. **Lead by Example:** When you embrace gratitude, both within and around you, you become a guiding light. Your practice of gratitude sets a positive example for others to follow. It fosters a culture of gratitude in families, organizations, and communities, enriching the world with kindness, appreciation, and interconnection.

A photograph of a Zen garden featuring concentric ripples in the sand and two smooth, rounded stones. The text "Week 1" is overlaid on the right side of the image.

Week 1

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

- Melody Beattie

By the end of this gratitude challenge, it is my hope that you will feel more centered, which adds to peace in the world.

Fill out a Gratitude-Appreciation page for 21 days over the next month. There is no pressure if you miss a day, just pick back up where you left off.

Try This!

If you had trouble in the past with following through, try this powerful tip. Pair writing in your journal with another habit such as when you are having your morning coffee/tea. I like to keep my gratitude journal next to my bed and write in it each morning and evening.

GRATITUDE APPRECIATION

DATE

S M T W T F S

WHAT I'M GRATEFUL FOR TODAY AND THE VALUE EACH BRINGS TO MY LIFE

1

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THINGS I APPRECIATE & ADMIRE TODAY







SOMETHING INSPIRING ME TODAY

PERSON I WILL TELL TODAY HOW
GRATEFUL I AM TO HAVE THEM
IN MY LIFE. (TEXT, EMAIL, CARD,
CALL, ETC)

Daily Affirmation

GRATITUDE ART

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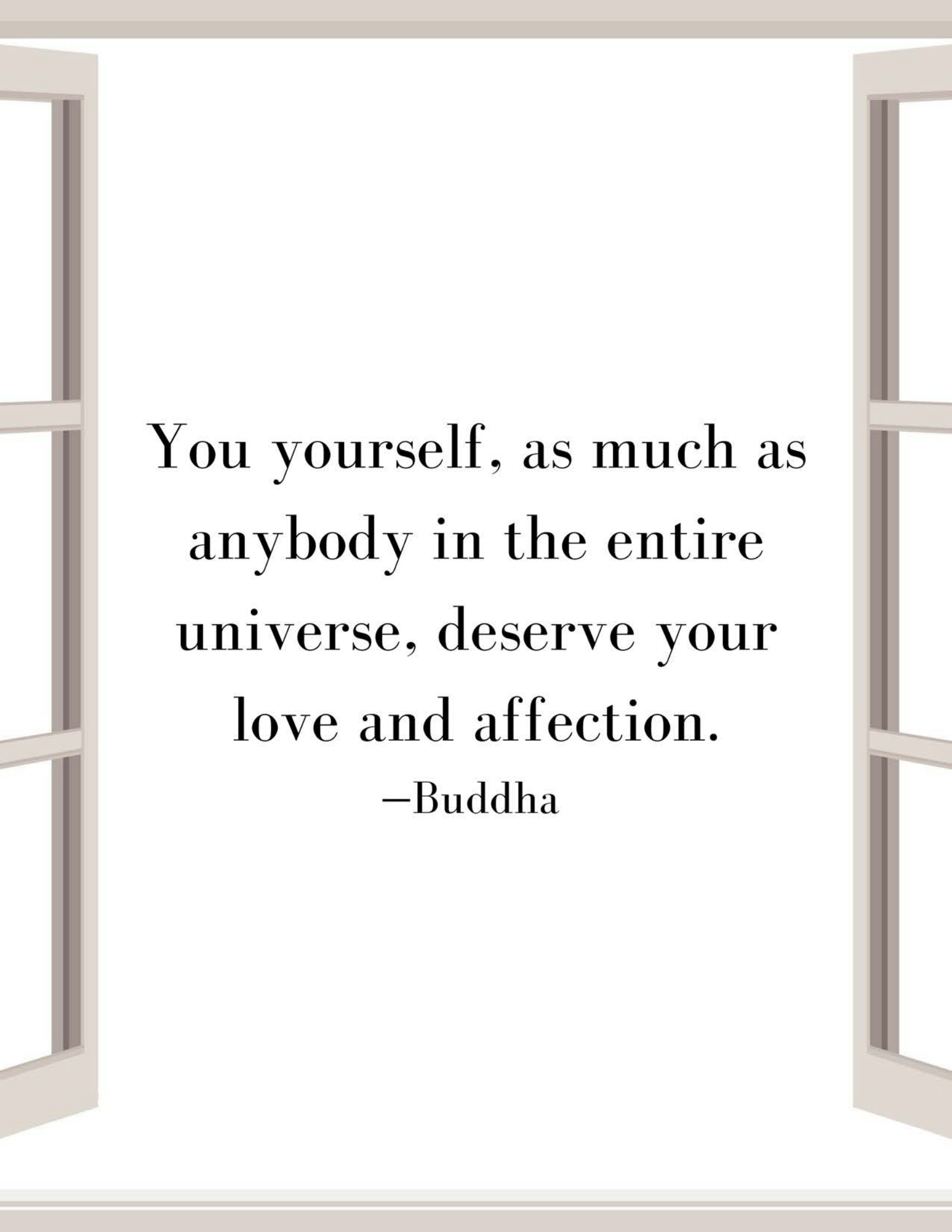


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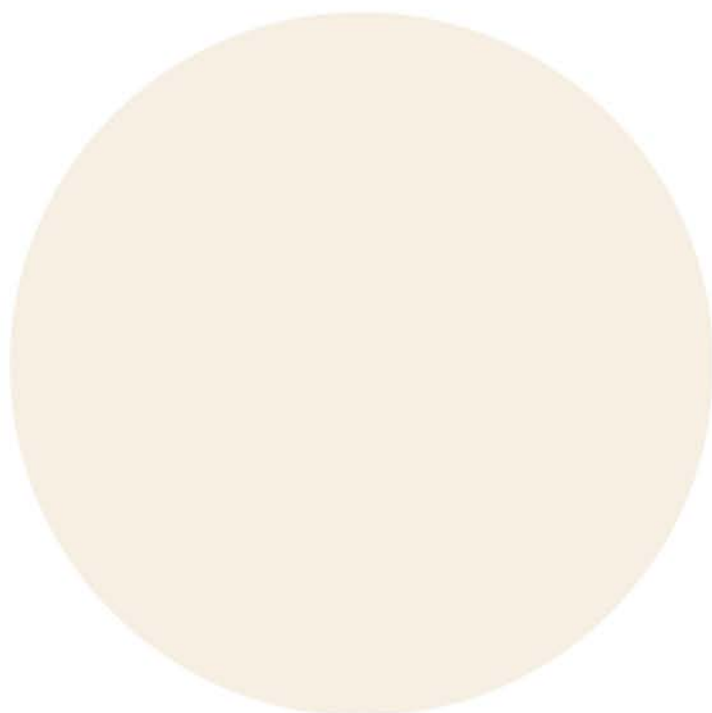
You yourself, as much as
anybody in the entire
universe, deserve your
love and affection.

—Buddha

Appreciating Your Gratitude

Why did this gratitude challenge speak to you? Why did you decide to embark on a self challenge to increase your gratitude and appreciation? Why are you drawn to gratitude at this point in time?

Create a simple design inside the circle to reflect the answer you gave above. Be spontaneous. Write down three words to describe your design and give it a title. If you are inspired, share your art with a friend or post on social media using the hash tag #moderngratitude and tag me @dramybackos on Instagram, Facebook and Threads.



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REFLECTION

Great job finishing Week One of The 21 Day Gratitude Challenge! Reflect on what you noticed this week in gratitude and appreciation. What will you remember about this week? What do you appreciate about yourself this week? Create a little doodle to show what your gratitude feels like. If you are inspired, share your art with a friend or post on social media using the hash tag #moderngratitude and tag me @dramybackos on Instagram, Facebook and Threads.



Week 2

“Thank you” is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding.
- Alice Walker

There is an abundance of positive psychology research showing that gratitude is good for us and the world. By taking a few moments each day to acknowledge your blessings, both big and small, you cultivate inner peace, increase your capacity for love and empathy, and ignite a ripple effect of positivity that will extend to the people around you.

Try This!

Say “Thank you” as your feet hit the ground each morning. Try it tomorrow morning and start your day with gratitude in your heart.

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Be present in all
things, and thankful
for all things.

-Maya Angelou

Maya Angelou was a renowned poet and author, receiving international acclaim for her autobiography, "I Know Why the Caged Bird Sings." In total, she published seven autobiographies, three books of essays, and several books of poetry as well as plays, movies and TV shows.

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Gratitudes Mind Map

In the middle of the mind map, write your name. Fill in all the circles with the people, places, animals, emotions, attitudes, and things for which you are grateful. Who do you love in your life? What gives you good feelings? What about your house, your health, food, and your pet? Add designs and decorations to enhance your mind map.

Enjoy savoring the moment!



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REFLECTION

Great job finishing Week Two of The 21 Day Gratitude Challenge! Reflect on what you noticed this week in your gratitude journal. What will you remember about this week? What is one new thing you expressed gratitude for this week? Create a little drawing using lines, shapes and colors to show what your gratitude feels like. If you are inspired, share your art with a friend or post on social media using the hash tag #moderngratitude and tag me @dramybackos on Instagram, Facebook and Threads.



Week 3

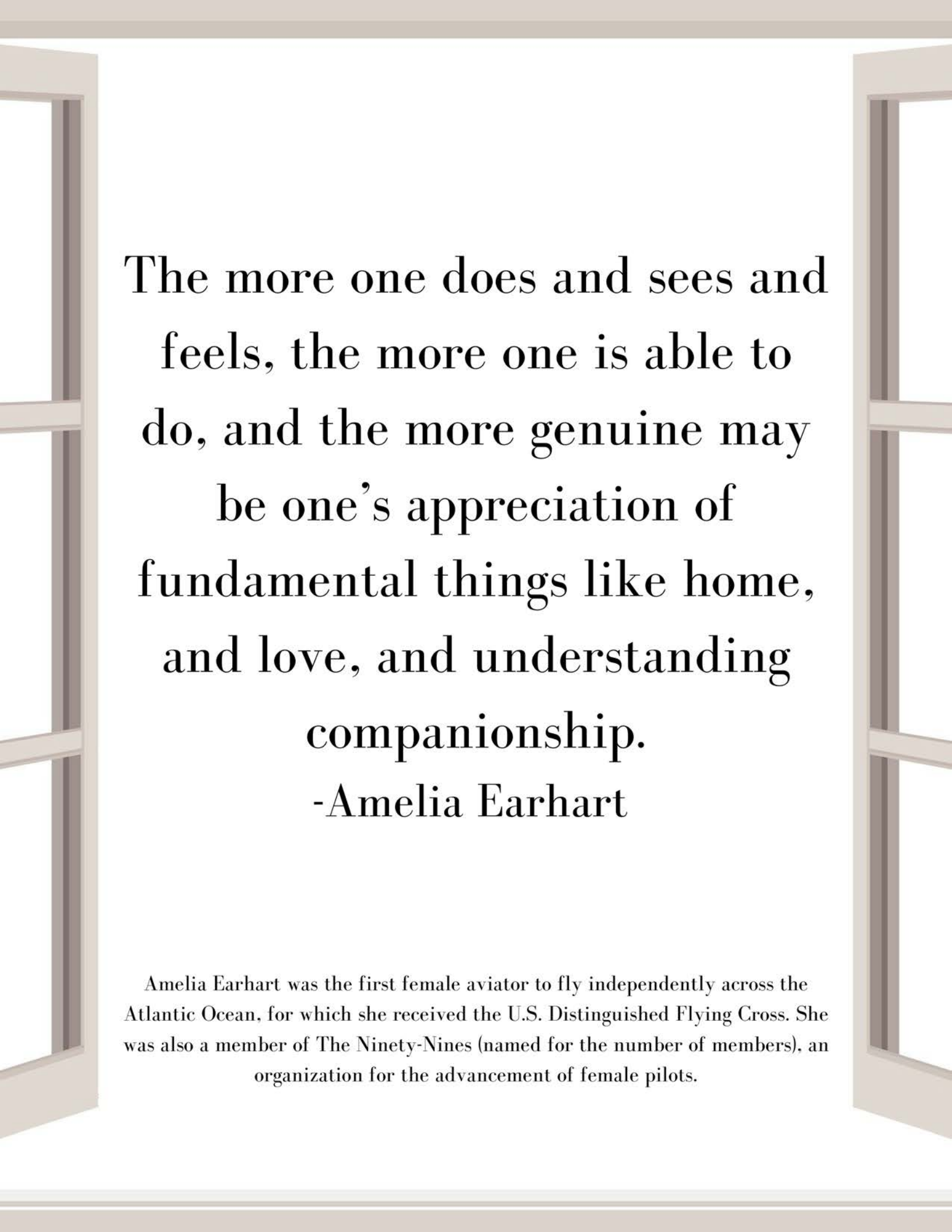
I don't have to chase extraordinary moments to find happiness—it's right in front of me if I'm paying attention and practicing gratitude.

- Brené Brown

Gratitude has the remarkable ability to transform both our inner landscape as well as the world we touch. In its simplest form, gratitude is a recognition and appreciation of the beauty, kindness, and love that already exists in our lives.

Try this!

This is my favorite affirmation, especially when I am uncertain, fearful, or frustrated. Take a deep breath in slowly through your nose thinking "Breath is all in." Exhale slowly through your mouth thinking "Love it all out."



The more one does and sees and
feels, the more one is able to
do, and the more genuine may
be one's appreciation of
fundamental things like home,
and love, and understanding
companionship.
-Amelia Earhart

Amelia Earhart was the first female aviator to fly independently across the Atlantic Ocean, for which she received the U.S. Distinguished Flying Cross. She was also a member of The Ninety-Nines (named for the number of members), an organization for the advancement of female pilots.

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Gratitude Inside & Out

What are you grateful for that others do? What qualities do you appreciate in others?

What are you grateful for in you? What qualities do you admire? If you are stuck, look at your list of qualities you admire in others...you admire them because you already have those qualities in you. Remember, the more you appreciate yourself, the more you can appreciate others.

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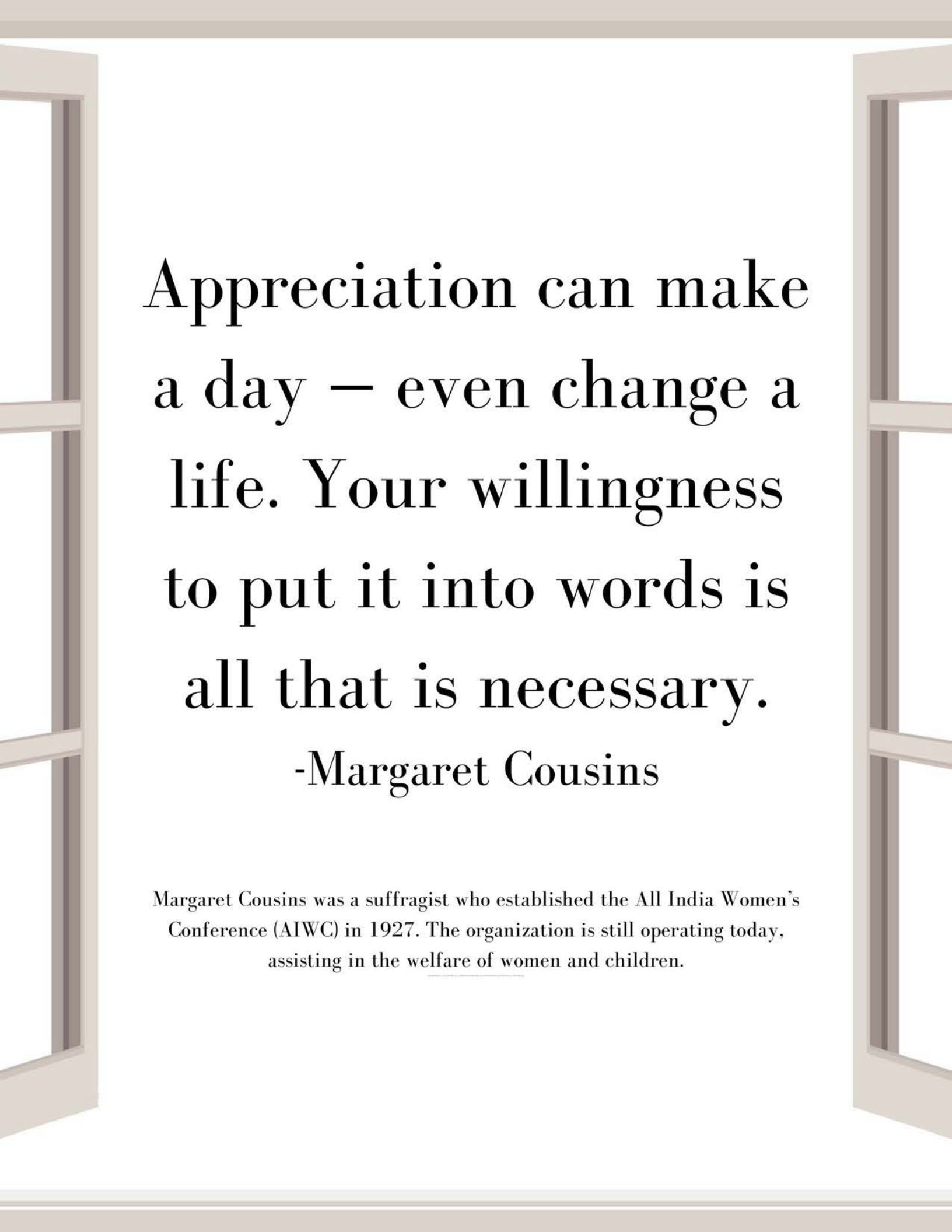


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GRATITUDE ART



Appreciation can make
a day — even change a
life. Your willingness
to put it into words is
all that is necessary.

-Margaret Cousins

Margaret Cousins was a suffragist who established the All India Women's Conference (AIWC) in 1927. The organization is still operating today, assisting in the welfare of women and children.

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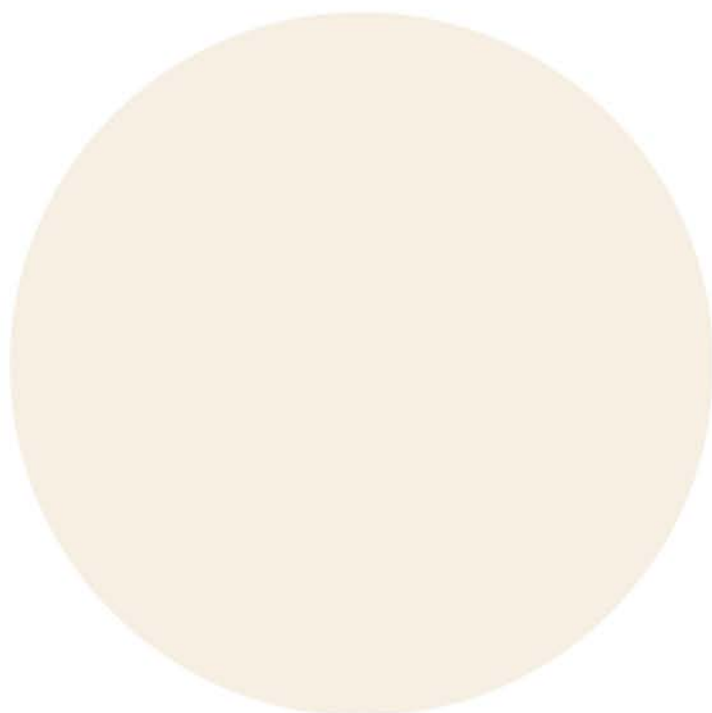
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GRATITUDE ART

Appreciating Your Gratitude

How does it feel when you have your attention on gratitude? What do you notice about your response to yourself and others when you keep gratitude in mind? What new awareness do you have about yourself and creating your inner peace?

Create a simple design inside the circle to reflect the answer you gave above. Be spontaneous. Write down three words to describe your design and give it a title. If you are inspired, share your art with a friend or post on social media using the hash tag #moderngratitude and tag me @dramybackos on Instagram, Facebook and Threads.



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REFLECTION

Great job finishing Week Three of The 21 Day Gratitude Challenge! How will you celebrate completing your three weeks of gratitude? Reflect on what you noticed the last three weeks. What will you remember? Did you get that warm and fuzzy feeling when you showed gratitude? How will you keep your gratitude going? Who will you tell?

If you are inspired, share your art with a friend or post on social media using the hash tag #moderngratitude and tag me @dramybackos on Instagram, Facebook and Threads.

A Zen garden with wavy sand ripples and a smooth stone.

In Conclusion

Congratulations! You completed The 21 Day Gratitude Challenge. My next question is how will you keep gratitude going in your life? Keep me posted on how you will keep giving gratitude to yourself, the people you love, your community, and the world.

Imagine if everyone focused on gratitude each day...the world would be a better place indeed!

Keep in Touch!

Show off your gratitude and your completed journal on Facebook and Instagram to inspire others to take a gratitude challenge for themselves. If you are inspired, share your art with a friend or post on social media using the hash tag #moderngratitude and tag me @dramybackos on Instagram, Facebook and Threads.

You can find me at Amy@Amybackos.com and find all kinds of modern creative happenings at Moderncreativewoman.com

So much love, appreciation, and gratitude for you!
Amy

Celebrating Gratitude



The people,
places and
things I am
most grateful
for...



I am grateful
for myself in
these ways...



How I will
continue my
gratitudes...

How I will celebrate my gratitude:

Resources



Personal Development

- The Modern Creative Woman Community at www.moderncreativewomn.com
- Coaching to develop your creative thinking and excel in work, and love.
- Creativity VIP weekends: San Francisco, Paris and online.
- Complementary consultations.



Stay in Touch!

- Instagram @dramybackos
- Join me each Friday at noon PST while I gently guide you to strategies to live a creative and joyful life.
- DM me with questions or topics you want to see covered!



Learn more!

- **Podcast:** The Modern Creative Woman.
- **Book:** ACT Art Therapy by Dr. Amy Backos
- **Book:** PTSD and Art Therapy by Dr. Amy Backos.
- **Book:** Emerging Perspectives in Art Therapy by Drs. Amy Backos & Richard Carolan

Amy Backos, PhD, ATR-BC loves creativity in all its forms. She is Founder and CEO of the Art Therapy Center of San Francisco. A licensed psychologist in California and a registered and Board Certified Art Therapist, Dr. Backos works with adults, couples, teens, and tweens. Her online creativity development program, The Modern Creative Woman, empowers women to create a powerful personal presence, strong mindset and live out their purpose and values.

Dr. Backos is author of several books including ACT Art Therapy; Post-Traumatic Stress Disorder and Art Therapy, and co-edited Emerging Perspectives in Art Therapy.

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