

### So how will this work?

Each day for the whole month of November there will be a blog post with links and prompts. Each post will include:

#### A Theme

Rather than just leaving you to think up 3 or 5 things that you're grateful for on that day I have chosen a daily theme.

#### A Starting Point

There will be questions for you to think about on the day's theme. You can answer them or just use them to get you thinking.

#### A Quote

There will be a quote either related to gratitude or more likely related to the day's theme. Some will be serious and some will be a bit off-beat.

#### A Bible Verse

Although the Thanksgiving holiday is now a secular holiday, it grew out of a tradition of thanking God for the harvest. As a Christian myself I want my Gratitude Journal to be about thanking God and so I have included a Bible verse each day. However just ignore it if it doesn't mean anything to you.

#### Inspiration

Where possible I have found videos, blogs or websites to provide inspiration for the day's theme. Some might be a bit silly. The Muppets and SpongeBob feature!!

#### Technique Challenge

Each day has a technique challenge to include in your journal. This will be particularly for those keeping creative journals. Keep reading even if that's not what you want to do.

Where possible I have found videos to demonstrate the technique or I will have added photos of examples.

#### InLinkz

At the end of each post there will be an opportunity to link your day's page to the blog to share with other readers. This can be a link to your blog, or if you haven't got a blog please use the [Flickr group](#).

I have set up the Flickr group and if you already have a Flickr account please ask to join. If you don't have a Flickr account it is easy to join and it is free.

The group has been set up for the photos to be public but any discussions to be for members only.

#### PDF

There will be a PDF each day to download (and print) with all the day's information and links so that you don't have to be continually looking at the blog. It will include the quote and Bible verse in larger print for you to cut up and stick on your page if you wish.

Next week I'll talk about the different ways in which you might make your Gratitude Journal. It can be as simple as getting a small notebook and writing down things that come to mind as you read the blog. It need be no more than that. Or you can get involved in the techniques and challenges.

Remember the only rule is: this is your journal and you do it the way you want to. Other than that there are no rules.

This has been a longer post than I thought it would be and I'm sorry there were no photos to break it up a bit. Thanks for sticking with it to the end.