

*Journal
of the month*
CLUB BY BROOKE
COLLINS



November:

*An Attitude of
GRATITUDE*



WELCOME

about this month's journal

Given that in November the U.S. will be celebrating Thanksgiving, it seems apt we discuss now how to live each day with gratitude because gratitude leads to thankfulness.

When clients come to me struggling with feelings of anxiety, depression or overwhelm I always have the same prescription. Begin your day by writing down three to five things that you are grateful for (appreciate). Some days are easier than others, but those are the days we need it the most. This practice has worked for me personally - I do it every single morning.

Even if you are feeling at your lowest. Like a failure. Hopeless. Like things will never get better, you can find gratitude. Is the sun out? Do you have your physical health? Do you have a bed? Sometimes we need to start there while other times we are so filled with gratitude that our lists go on and on.

When we start to feel pleased, relieved or happy, we have become truly thankful.

**XO,
Brooke**

Journal About it:

What does the word gratitude mean to you?

Think about an area of your life that makes you feel sad, resentful or overwhelmed. Name three ways you can find gratitude in this situation. For instance, if you are feeling overwhelmed with working from home while trying to homeschool you might be able to be grateful for the extra time with your family, for not having to commute to work, and for the ability to work from home while others are not able to.

ABOUT THE AUTHOR



Brooke Collins:

- B.A. Communications from Western Michigan University
- Master-certified Transformational Coach from the Health Coach Institute
- Health Coach Certified from the Health Coach Institute
- Life Coach Certified from the Health Coach Institute
- Owner, *Brooke Collins Innovative Coaching* located in Rochester Hills, Michigan

My passion is to help clients discover how to take responsibility for their health and gain awareness about their emotional wellness using a holistic approach targeting the mind, body, and spirit. I keep busy with one-on-one coaching clients while running a thriving online community offering daily motivational messages, weekly wellness videos and blogs, online workshops, webinars, challenges and courses.

I also enjoy when corporations call on me to coach their employees or leadership teams on topics such as Confidence, Motivation, Diversity, Inclusion and Self Acceptance.

Please reach out to me if you have any questions!

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