

**LARK** | LOVE  
RESPECT  
KINDNESS

# Gratitude Journal

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# We are excited you're joining the LRK, Love, Respect and Kindness movement

In our day, we can use more and more of LRK. This gratitude journal is one tool that you can use to help build LRK into your life. Gratitude puts things into perspective. When it seems like the world is spiraling out of control, gratitude reminds us that there's a bigger picture, things aren't as bad as they seem, and good things are happening.

I once worked in an office that had a window that looked directly onto a hillside. The hill was mostly brown rock during the summer and a few brown wispy weeds. At times, I would look up from my work and look out the window and think can't those weeds be green at least? Why can't this be a more beautiful hillside, couldn't there be a garden with beautiful flowers and vines on that hillside? But plants don't grow too well on stone so I would return to work wishing things were different, wishing that the hill that's right in front of me would be more beautiful, and easier on the eyes.

That can be the story of our life, right? We look up and see all of the things that are going wrong. We see the weeds growing, we see difficulties and struggles, and nothing more. Why can't beautiful flowers grow in the rocky hills of our lives? Then we open our news feed and it's even worse there. Between crime, war, political polarization, and community disruption we again think-can't I just have a beautiful garden to look at? Why do things have to be this way?

Some days when I was at work, I would lift my eyes a little higher, I would look above the weedy hillside and see blue skies. With a little bit of effort, I would set my gaze above the weeds and the whole perspective changed. There were more than weeds out there, there was a beautiful blue sky, and there were some trees on the top of the hill. I had to change my perspective to appreciate the true beauty of the scene. I just had to look

a little bit higher, and then my view was totally different. The rocks and weeds didn't go away-they were still there but my perspective changed all of a sudden I had a fuller view and I right-sized the weeds and rocks.

Gratitude is an opportunity for us to change our perspective. When we get caught in the cycle of negativity, we tend to go down that rabbit trail of negativity and fear. But when we catch our thoughts, stop the fear cycle, and re-set our perspective to gratitude things begin to change. The problems don't go away, they are just set in the proper perspective, what moments previously seemed insurmountable don't seem as huge and we're encouraged to keep moving forward. So often in life, we just need to reset our perspective.

In the following pages, there will be a short thought to get your gratitude thinking going, and then several prompts. We encourage you to make this part of your morning routine as a way to get your day started. Each prompt will allow you to reset your perspective on the good and positive in your life. You may even want to speak your gratitude out loud-when we think, write, and speak it gives our brain the greatest opportunity to learn and stay in the mode of gratitude.

We hope this is just the start of making gratitude a habit in your life. This is your journey, so use this as a tool to help reset your thinking to LRK, Love, Respect and Kindness.

**Let's all live LRK-Love, Respect and Kindness**

Day 1

# Love is All Around Us

Love is a word that has a huge variety of uses. “I love that restaurant.” “Don’t you love that new show?” “I think I’m falling in love.” “I love my Mom.” “I just love my pet.” Love is all around us. Love makes us do irrational things, and is the motivation behind helping those around us and treating people with respect and kindness. Whether you are falling in love with a new show, or the person of your dreams it’s important that we acknowledge the love in our life.

**Spend a moment being grateful for:**

A place that you love.

An activity you love.

A person in your life that shows you love.

# Keepin' It Real

Isn't it refreshing when you meet somebody who is authentic? You get the sense that they're not putting on a mask so that you'll like them or do something for them. We love authenticity. But sometimes we use "authenticity" as an excuse to say really mean things. When somebody starts a sentence with "no offense but..." we know we're about to be offended. Today, let's focus on keeping it real, being authentic, but saying it with love, respect, and kindness.

**Spend a moment being grateful for:**

One thing you see around you right now

An authentic person in your life.

A kind word you have received or given recently.

# The Genuine Article

Being genuine is the key to living with Love, Respect, and Kindness. Have you ever bought a fake? You thought it was genuine, but when you got home you found out you got hustled. We all want a genuine item, not a cheap knock-off. When we live LRK, it should come from a genuine place, we don't want people to look back and say, "Oh, they were just being fake- that LRK wasn't real." This gratitude journal will help LRK take root and bloom in your life. Let's be genuine, let's keep going, let's live LRK.

**Spend a moment being grateful for:**

One thing that happened yesterday that makes you smile.

One thing in your day today.

One relationship in your life.

# I Can Count On It

Isn't it great when something happens just exactly like you remember it? In almost any country, a Big Mac tastes like a Big Mac, and a Starbucks coffee is predictable. We love the new, but sometimes we want dependable know what to expect and it never disappoints. As we live with Love, Respect, and Kindness, let's make that the norm in our lives-something that people can depend on, when somebody interacts with you they're going to be treated with Love, Respect, and Kindness.

**Spend a moment being grateful for:**

Something you can depend on.

Blank area for writing a response to the prompt: Something you can depend on.

A dependable person in your life.

Extra Credit: call or text them and let them know you appreciate them.

Blank area for writing a response to the prompt: A dependable person in your life.

A circumstance in your life.

Blank area for writing a response to the prompt: A circumstance in your life.

Day 5

# Doing the Right Thing.

We love it when somebody does the right thing, even when it's difficult or inconvenient. It can be a rare trait, but we all have an ethic inside of us that drives our decisions, responses, and reactions. What if our decision-making today was focused on doing the right thing for somebody else? We at times look out for our own good. Today, let's live LRK, not just for our own good but for the good of those around us.

**Spend a moment being grateful for:**

Somebody in your life that looks out for you.

A time when somebody did the right thing for you.

A time when you did the right thing for somebody else.



# From the Right Place

It is refreshing when you hear the truth spoken by a small child. As adults, we'll giggle because what they're saying is true, but we would never say it. It's usually something everybody is thinking, but nobody is willing to say. We laugh, because we know the child's heart is in the right place, they're not trying to be mean, they just innocently say what's on their mind. Today, can we do things with an innocent heart, where we're just treating people the way we wish they would treat us?

**Spend a moment being grateful for:**

Something you've heard a child say that is so pure it makes you laugh.

A place or person in your life where you can truly be yourself,  
you don't have to put on a mask.

A time when you spoke child-like truth with Love, Respect, and Kindness.

# Stay Flexible

Flexibility is one of the keys to our physical health, there's nothing worse than a cramp or tight back that we have to stretch out to gain relief. Our habits and thoughts can tend to get cramps too- we get set in our ways and we no longer are willing to make adjustments, we don't stretch our thinking. As we live LRK, being willing to ask questions and learn is important. It doesn't mean you have to change your mind, it means you're flexible enough to open your ears, close your mouth, and consider what somebody else thinks.

**Spend a moment being grateful for:**

A person in your life who has been flexible with your thinking and opinions.

A time when you stayed flexible with your thinking so that you could hear somebody else's opinion.

One person, place, or thing.

# Be Excellent to Each Other

To steal a line from Bill and Ted's Excellent Adventure "Be excellent to each other." How do you feel when somebody is considerate, and holds a door open for you? Or smile kindly as you walk by on the street? It makes you feel good right? Like you're being seen. Let's do simple LRK actions today- smile at a stranger, hold open the door, or let somebody else take the parking spot close to the store. Let's be excellent to each other.

**Spend a moment being grateful for:**

One person in your life that is excellent to you.

A time when you were excellent to a stranger.

Being loving, respectful, or kind to others.

# Be Shiny Today.

Today's word is "illustrious." This word often describes fancy universities, or famous people. Truth is, most of us haven't gone to illustrious schools and aren't famous people but we can still be illustrious. Let's be illustrious givers of LRK today, let's shine today in a world that is often dark, let's illuminate that darkness.

**Spend a moment being grateful for:**

An "illustrious" person in your life.

A time when a stranger shined some LRK on you.

One person, place or thing in your life today.

# R-E-S-P-E-C-T

It is such a great feeling when somebody shows us respect. We have a sense of humanness, a sense of importance, a sense that we're seen. Respect shows up in so many ways, like somebody listening to a story of yours, somebody acknowledging your work, or remembering to say "Happy Birthday." Respect is at the center of LRK-it's the place where love and kindness come together. Today, let's give respect away to others if we don't think they deserve it.

**Spend a moment being grateful for:**

A person who has shown you respect.

A person in your life that you respect.

Something you're looking forward to today.

# Trifecta of Happiness

Giving to others is an amazing experience. It's one of the few things that we can do that is good for both the giver and the receiver. Did you know that our brain releases three hormones known as the "happiness trifecta" when we help others? Today you can experience the happiness trifecta and the love, respect, and kindness trifecta by helping somebody around you. Let's be givers today.

**Spend a moment being grateful for:**

A person who has been a help in your life.

A time you were able to help someone.

Something around you right now.

# Be at Peace

Peace in our world and our lives can seem fleeting or even unattainable. One moment our mind is at peace, our emotional life is settled and all is well. And then one text, call, or interaction can destroy our peace. Peace CAN be restored and we can even be a force for peace in all our circumstances. Gratitude is one of the tools in our toolbox that we can use to restore our peace. Gratitude puts things in perspective and re-orders what might have gotten out of whack. Let's choose gratitude and peace today.

**Spend a moment being grateful for:**

A peaceful place that you've visited.

A person who has shown you peace and has influenced you toward peace.

One thing that you can recall later today is when your peace gets disturbed.

# Blown Out of Proportion

Have you ever blown something out of proportion? We make something small, big. Sometimes that small thing is an offhand comment that rattles around our brains. What did they mean by that? Why did they say that? Today, rather than dwell on what the person meant, could we think the best of them? Could we give them the benefit of the doubt, and think of them with Love, Respect, and Kindness? When we dwell on a negative thought, it takes away our gratitude and it makes us less able to live LRK. If it's that significant, ask the person using LRK what they meant. Either way, let's choose gratitude over dwelling on something that could be nothing.

**Spend a moment being grateful for:**

Somebody that irritates you.

A time when the truth was very different from the story  
you were telling yourself.

One thing that you can recall when you're tempted to  
blow things out of proportion.



# Make Them Smile

Have you ever walked next to somebody who is really smiley, and it seems like everybody you pass is smiling at you? But they're smiling back at the person you're walking with. Smiles are contagious. If you smile, it's unusual for that smile not to be reciprocated. Did you know that when you smile, your brain releases happy hormones, mild pain relievers, and a stress reducer? Today let's smile, it will bring happiness and stress reducers to you and those around you.

**Spend a moment being grateful for:**

The smiliest person in your life.

A time when your smile brightened somebody's day.

Something or somebody in your life.

# LRK Your TBH

Being honest is a good thing, we appreciate it when somebody is telling the truth. We appreciate it so much that TBH (To Be Honest) is a text abbreviation. Sometimes TBH is used to preface a not-too-kind statement—TBH I never liked that color on you. Honesty is good, but honesty without LRK can be harsh and damaging. Truth without LRK can be harsh, and LRK without truth is dishonest. Today, when you TBH somebody, make sure you're including LRK in your honesty—that allows for a balance of truth and love, respect and kindness to give opportunity for true change.

**Spend a moment being grateful for:**

A person in your life that has been truthful to you.

A time when you struck a balance of TBH and LRK.

“Truth” that has helped you in your life.

# That Was Pleasant

A leisurely stroll down the beach on a warm summer day—that's pleasant. A quiet, peaceful evening with somebody you love, that's pleasant too. Pleasant puts a grin on our face, and a peace in our soul. Many days are filled with events and people that aren't easily described as pleasant. You can be a force toward pleasant today. When you live LRK, you live in a way that puts a smile on people's faces and peace in their souls. Today be the embodiment of a stroll down the beach on a warm summer day.

**Spend a moment being grateful for:**

A pleasant event.

A person in your life that has been a pleasant surprise.

The most pleasant place in your life.

# What a Wonderful Surprise

Surprises can be amazing. A surprise party, a surprise visit from a loved one, or even a conversation that went surprisingly well—all of those are great. Like giving gifts, surprises are great for the one anticipating surprising somebody, and the one receiving the surprise. Is there something you're dreading today? Maybe you'll be surprised by how well it goes. Is there a person in your life that could use a pick-me-up? Maybe you can surprise them today with your presence, a note of encouragement, or a small gift.

**Spend a moment being grateful for:**

A surprise in your life.

A time you surprised somebody with a kind word or act.

One thing in your life today.

# Just Do the Right Thing

Sometimes it's easy, you know the right thing to do and you have to choose if you're going to do the right thing. Other times, "do the right thing" is not so straightforward. Sometimes, there's more than one "right" option. Whether it's simple or complex, LRK is always the right thing to do. Living love, respect, and kindness towards others is always the right way-today let's live with love, respect, and kindness.

**Spend a moment being grateful for:**

A time somebody treated you with kindness.

A time somebody treated you with respect.

One thing in your day.

# The World is Beautiful

When was the last time you got away from the city lights and stared at the stars? Have you been outdoors and just been in awe of all that was around you? Nature is marvelous. Nature puts us in perspective (we're kind of small), and it also creates a sense of awe and wonder. Today, let's be grateful for the beautiful world around us.

**Spend a moment being grateful for:**

Something in nature.

A time you were awed by our beautiful world.

One thing in your day.

# Random Acts of Kindness

Friendly, generous, considerate—these are all words that describe kindness. These are all attitudes that are key to defeating contempt in our society. When we think generously, act considerate and friendly we start to break down divides and squash contempt. When we act kindly randomly, we leave a wake of generosity, joy, and happiness. Living LRK is a force for good in our homes, workplaces, and communities. Let's live LRK!

**Spend a moment being grateful for:**

A time that you received an unexpected kindness.

The most friendly, generous, and considerate person you know.

Plan to do a random act of kindness today (plan and random are opposites—but if you don't keep your eyes open for an opportunity, it's unlikely random kindness will happen).

Day 21

# Encourage Greater Things

The words we choose have an impact. We can choose to use words of encouragement that build others up. When we choose to speak with LRK the product of our conversations is excellent. Using love, respect, and kindness produces a sweet atmosphere for people to thrive. Today, let's speak excellent words, let's speak LRK.

**Spend a moment being grateful for:**

A time when somebody's words built you up and encouraged you.

A time you saw an ability in somebody else and encouraged them to try something new or stretch them.

Who can you encourage today? What are you going to say to them?



# In Harmony With Each Other

Harmony is a beautiful thing. Think of a song that blends instruments and voices to create a beautiful harmony. It's incredible, right? Contrast that with an elementary school band where students are sincerely trying to make music, but their sincerity often creates a cacophony-not harmony. When people live in harmony, there is usually a lot of LRK- Love, Respect, and Kindness-because relationships take time and effort to become harmonious. When we are loving, respectful, and kind it allows for harmony to blossom. Today let's choose to live in harmony as we live LRK.

**Spend a moment being grateful for:**

A person in your life that brings harmony to relationships.

A harmonious aspect of your life.

Your life.

# That's Unusual

That's something different-different in a good way, it is remarkable. Living and thinking LRK is remarkable-it's different, it's peculiar, it's unusual-but in a good way. LRK is counter-cultural, people don't understand why we live this way, but it's a good thing. Sometimes it's good to be a little different, different in a good way. Today, let's live LRK realizing that it will be different than the way others act and react-but that's a good thing.

**Spend a moment being grateful for:**

A time you decided to go against the flow in a good way.

A person that is counter-cultural in their actions and how it has benefited you or society.

An activity in your life.

# Call Out the Good

Isn't it nice when somebody notices when we've done some good work, or done something nice? We like "Thank You's," we like to hear "I appreciate that" or "You did great." If we like to receive it, then let's be sure to give it away today. Let's keep our eyes open for good things happening around us and call it out-let's notice it today. And when you notice it, let's verbalize our appreciation. Part of LRK is noticing the good and calling it out. Let's see those around us today, and focus on calling out the good things they're doing.

**Spend a moment being grateful for:**

A person who appreciates you.

A situation in your life that you want to acknowledge.

Write a statement of gratitude that praises a person or situation in your life.

# Acknowledge the LRK in Your Life

There is good all around us. There's good in your life, there's good that you bring to other people's lives. When the good gets obscured we need to stop and acknowledge the good. Today, let's focus on acknowledging the good all around us. From nature, to relationships, to conveniences, to provision—let's acknowledge those as good things and focus on them today.

**Spend a moment being grateful for:**

Write a statement of gratitude about a person in your life.

Write a statement of gratitude about a situation in your life.

Write a statement of gratitude about a provision in your life.

# That Makes Me Happy

What do you delight in? Is there something that when you see, or think about it just gives you a deep joy, a peace, a delight? It could be a situation, a person, a song, a meal, or a movie. Do you delight anybody? When you walk in the room, the other person smiles not because you're perfect or get it right every time, but because it's you. Today, let's focus on delight. What person, situation, event, or thing gives you delight?

**Spend a moment being grateful for:**

A person who gives you delight.

A situation or thing (song, movie, meal, book, art piece) that gives you delight.

Write a statement of gratitude about a delightful thing.

# Be The Calm

Every day presents us with choices, what shirt will I wear, what will I eat for dinner and how will I respond to things outside of my control. Some things we choose, some things happen to us--and then we have to choose how we're going to handle it. If you're trying to embody LRK, that means you will endeavor to respond in a way that brings peace to a situation. You may be the calm one stepping into a conflict between two people in your community, or the frustration may be directed at you-either way if you choose LRK today, you can be a calming presence to bring peace amid chaos. Today, let's choose LRK.

**Spend a moment being grateful for:**

A time you saw somebody act as an agent of peace in a tense situation.

A peaceful person or place in your life.

A time that you experienced deep peace.

# Eyes Wide Open

Help comes in different forms. Sometimes it's a kind word or a smile, other times it's showing up and helping a friend move. Help can fit nicely into your day, like holding the door open for somebody, or it can be extremely inconvenient and untimely. Today, let's be a help. When you get a call from somebody who needs a listening ear, answer. When a coworker needs some assistance, step in and help. When you sense somebody needs an encouraging word, be encouraging. LRK is one way to keep our eyes open for needs around us. Let's keep our eyes open, and step in with a helping hand wherever that might be.

**Spend a moment being grateful for:**

A time that somebody helped you out.

A time when you were inconvenienced by helping someone else. Was it worth it?

Something or someone that has been a help to you.

# When Life Throws a Curveball

Have you ever gotten up early and sat quietly with a cup of coffee or tea appreciating the calm? You know the day is about to be busy, or chaotic and so you need at least one moment of calm before heading in. Though we want that calm to remain forever, we know it must end. LRK helps us enjoy the calm, and navigate the chaos. When Love, Respect, and Kindness define our thoughts, words, and actions no matter what the day brings we can bring that calm into the chaos. Today, let's bring Love, Respect, and Kindness with us, no matter what the day throws at us.

**Spend a moment being grateful for:**

A time you were surprisingly calm despite the circumstances around you.

A person that you have seen navigates through life with a calm.

Write a statement of gratitude about peace and calm.



Day 30

# Health Is On The Way

Bring health with you. As a person who endeavors to live LRK, you want to bring health and healing to relationships and situations. LRK is a healing balm that can bring positive results to even the most tense situations. LRK brings a different type of response than what we see around us. Love, Respect, and Kindness are refreshing responses to polarization and contempt. LRK brings health to conversations and relationships. Today let's choose health, let's choose LRK.

**Spend a moment being grateful for:**

A time you were refreshed by Love, Respect, and Kindness.

A time when you chose Love, Respect, and Kindness over the alternative.

A healthy relationship in your life.