

You Were Blooming All Along



5 Days of Gratitude Journal

Hello Friends and Curious Onlookers!

I am excited to share my 5 Days of Gratitude Journal with folks on the outside. During my incarceration, I have cultivated a practice of being intentional with finding and appreciating the good, positive, and beauty within myself and others. This shift in mindset has helped me build resiliency which keeps me connected to my sense of self and creativity.

While creating this zine I thought about the resiliency of the dandelion. It is marked by its ability to survive, sprouting up through the cracks and blooming in hostile soil... The dandelion does not stop growing because it's called a weed.

Sometimes I reflect, "When I'm out I'll do this... or I'll finally feel..." but behind concrete walls I've been blooming all along. I have been growing despite being treated as a weed needing to be ripped from community.

This is the power of gratitude. It allows me to see my current situation with a dual perspective. I can joyfully live in the moment *and* hope for a better tomorrow. That is my wish for you as well. To cultivate gratitude and bloom into who you are meant to be: fully loved and respected.

Lauren Janely



Day 1

3 Things I am Grateful For:

Best Part of Today

Things I Accomplished

I am Grateful for...

Best Part of Today

Resilience Affirmations

- It's safe to feel my feelings.
- I can say what I need and want.
- I can give and receive.
- I am free to create my life.
- I can create good friendships.



What I Look Forward to:

Day 2

3 Things I am Grateful for:

Day 4




Best Part of Today

Things I Accomplished

Resilience Affirmations

- I love myself
- I belong as I am
- I can be celebrated
- I have dreams
- I can try new things
- I can get help
- I can relax



3 Things I am Grateful For:


Best Part of Today

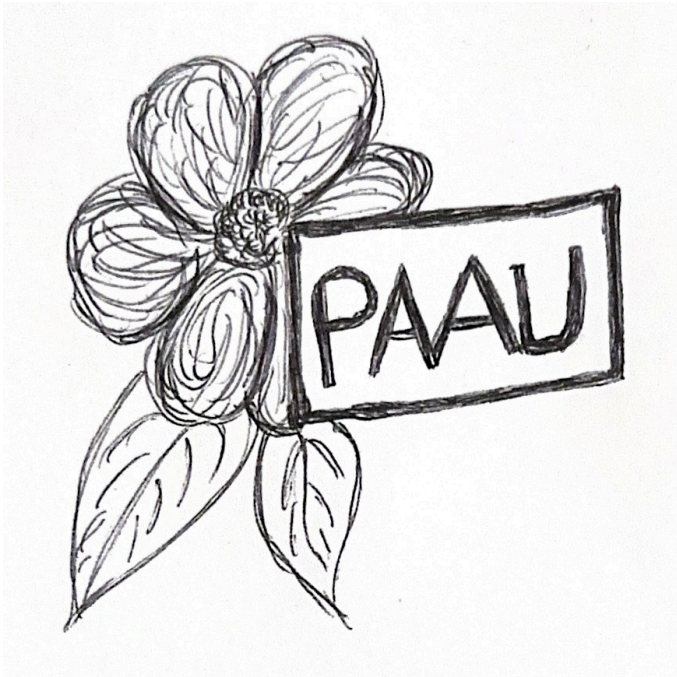
Resilience Affirmations

- I can do it.
- I am well.
- I am loved.
- I am safe.
- I am grateful.
- I am allowed to have fun.

Things I Accomplished

Day 5





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