

Created By Rescuer
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Alexandria Detention Center



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 duel 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.



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## Notes 3




I am Grateful for	Best Part of Today
Resilience Affire  It's safe to Feel  I can say what  I can give and  I am free to cre  I can create go	my feelings. I need and want. receive. eate my life. bood friendships.
What I	Look Forward to:

## Notes 3



What I Look Forward to:
REVIDENTE STATE
Day 3
Iam Grateful For Things I Accomplished
Things I Accomplished

3 Things I am Grateful for:	3 Things I am Grateful For:
	3 Things Lam Grateron
Day 4	Resilience Affirmations
Best Part of Today  Things I Accomplished	Best Part of Today  . I can doit.  . I am well.  . I am loved.  . I am safe.
	o I am allowed to have fun.
Resilience Affirmations	Things I Accomplished
· I love myself · I belong as I am · I can be c ele brated	
· I have dreams • I can try newthings • I can get help • I can relax	Day 5
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