



Grateful Tides

THE CARERS GRATITUDE

JOURNAL

**A SIMPLE YET POWERFUL
PRACTICE TO SUPPORT YOU
IN YOUR CAREGIVING ROLE**

"Acknowledging the good that you
already have in your life is the
foundation for all abundance."

Eckhart Tolle

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Disclaimer: *This resource is designed to support carers in their caregiving roles. It is not intended to replace professional medical, legal, or financial advice.*



Dear Carer

I see you.

I see the love and dedication you pour into caring for someone else. I see the late nights, the early mornings, the moments of exhaustion, and the deep well of compassion that keeps you going. I see the sacrifices you make, the strength you show, and the kindness you extend, even on the hardest days.

But amidst all that you do, there is one thing I hope you remember: you matter too. Caring for another person is a profound and selfless act, but it can also be overwhelming. It's easy to lose yourself in the needs of others, to feel unseen, unheard, and at times, utterly exhausted. That's why gratitude – not just for the good moments, but for yourself – can be a powerful and transformative practice.

Gratitude is more than just a fleeting feeling – it's a way of shifting your focus. It won't erase the hard days, but it will help you find the light in them. It helps you to notice the small victories, the quiet joys, and the moments of love and connection that make it all worthwhile.

This journal is a space just for you – a place to reflect, acknowledge, and nurture a practice that can bring more ease into your life. Take just a few moments each day to write down what you are grateful for. Some days, it might be something big – a moment of laughter, a helping hand, or a well-deserved rest. On other days, it might be something simple – a warm cup of tea or the feeling of the sun on your skin.

There is no right or wrong way to do this – write what feels true to you. Over time, this practice will help you see the beauty in your days, even when difficult.

Most importantly, let this journal be a reminder that your well-being matters. Gratitude is not just about looking outward – it's also about looking inward and honouring yourself.

With warmth and appreciation

JD Brimblecombe

Founder

The Turning Tides Project



This journal belongs to:



INSPIRATION

Quote

Gratitude unlocks the fullness of life.
It turns what we have into enough, and more.
It turns denial into acceptance,
chaos to order, confusion to clarity.
It can turn a meal into a feast,
a house into a home,
a stranger into a friend."

Melody Beattie



THE POWER OF GRATITUDE

What's in it for you?

You might be wondering – "Is a Gratitude Journal worth my time?"

It's understandable to be sceptical. When you're juggling so much as a carer, writing down a few things you're grateful for might seem insignificant. But here's the thing – science says otherwise.

Studies have shown that practising gratitude can:

- Reduce stress and anxiety
- Improve sleep and overall well-being
- Shift focus from overwhelm to moments of joy
- Help reframe challenges, making them feel more manageable
- Strengthen emotional resilience

So, what's the outcome?

By using this journal, you may begin to notice:



More Moments of Joy – Even in the hardest days, there are small wins worth noticing.



A Stronger Connection to Yourself – Your well-being matters too.



A More Positive Outlook – Gratitude doesn't erase challenges, but it helps you find balance.



A Sense of Calm and Perspective – Looking back on past entries will remind you how far you've come.



Permission to Prioritise Yourself – Caregiving is a big part of your life, but it doesn't define all of who you are.

THE POWER OF GRATITUDE

Still unsure?

Try this simple challenge:

For one week, write down just ONE thing you're grateful for each day. If you don't feel any benefit, fair enough! But if you notice even a small shift in how you feel, maybe there's something to it.

At the end of the day, this journal isn't about being "new age" or forcing positivity. It's about giving yourself space to reflect, reset, and recognise your own strength.

Because you matter too!



DEFINITION

What is Gratitude?

Gratitude is a feeling of thankfulness or appreciation for something that has been given or done for you.

It involves recognizing and acknowledging the positive aspects of your life and the people, events, or things that have contributed to your well-being and happiness.

Gratitude can also involve feeling thankful for challenges or difficult situations that have taught you important lessons or helped you grow as a person.

Gratitude is considered an important emotion because it can improve your overall sense of well-being, increase your resilience in the face of adversity, and strengthen your relationships with others.



TIPS

Keeping a gratitude journal can be a powerful tool for cultivating a more positive outlook on life. Here are some tips to help you get started and make the most of your gratitude journal:



Set aside time each day: Decide on a time of day when you can commit to writing in your gratitude journal regularly. This could be in the morning, before bed, or during a break in your day.



Be specific: Instead of simply writing down something you are grateful for, be specific about why you are grateful for it. For example, instead of writing, "I'm grateful for my family", try writing "I'm grateful for my family because they are always there for me and support me in everything I do."



Focus on the positive: Try to avoid writing about negative experiences or things that you are unhappy about. Instead, focus on the positive aspects of your life and the things that bring you joy and happiness.



Use your senses: When writing about something you are grateful for, try to engage your senses. For example, if you are grateful for a beautiful sunset, describe the colours, the warmth of the sun, and the feeling of peace that it brings you.



Be consistent: Commit to writing in your gratitude journal regularly, even if it's just for a few minutes each day. Consistency is key to developing a gratitude practice that will have a positive impact on your life.



Reflect on your entries: Take time to read back through your journal entries and reflect on the things you have written about. This can help you appreciate the positive things in your life even more and give you a sense of perspective during difficult times.

Remember, there is no right or wrong way to keep a gratitude journal. The most important thing is to make it a regular habit and focus on the positive aspects of your life.

PROMPTS TO HELP YOU GET STARTED

Today, I am grateful for ...

A small moment that brought me joy was ...

Someone I appreciate and why ...

One thing I did well today ...

A lesson I learned that I am thankful for ...

A simple pleasure that made me smile was ...

I am proud of myself for ...

A comforting or uplifting moment I experienced today was ...

A moment today that reminded me I am making a difference was ...

Something about my loved one that I am grateful for is ...

An unexpected joy I experienced today was ...

A strength I have that helps me in my caregiving role is ...



TODAY I AM GRATEFUL FOR...

[illegible]

TODAY I AM GRATEFUL FOR...

[illegible]

TODAY I AM GRATEFUL FOR...

[illegible]

TODAY I AM GRATEFUL FOR...

[illegible]

TODAY I AM GRATEFUL FOR...

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.

TODAY I AM GRATEFUL FOR...

[illegible]

TODAY I AM GRATEFUL FOR...

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TODAY I AM GRATEFUL FOR...

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TODAY I AM GRATEFUL FOR...

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TODAY I AM GRATEFUL FOR...

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TODAY I AM GRATEFUL FOR...

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it is resting on a surface.

TODAY I AM GRATEFUL FOR...

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are approximately 20-22 visible lines. The paper appears slightly aged or off-white.

TODAY I AM GRATEFUL FOR...

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TODAY I AM GRATEFUL FOR...

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TODAY I AM GRATEFUL FOR...

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TODAY I AM GRATEFUL FOR...

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[illegible]

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TODAY I AM GRATEFUL FOR...

[illegible]

Reflection

Halfway Through: What have you discovered?

You've been practising gratitude for a while now. Take a moment to pause and reflect on how this journey has felt so far. There's no right or wrong – just your honest thoughts.

- Looking back on my entries, I've noticed...
- One thing I've become more grateful for is...
- A moment that stood out to me was...
- Something I appreciate about myself is...
- Since starting this journal, I feel more/less/the same about...

(Use this space however you'd like—write, doodle, or simply sit with these thoughts.)

Most importantly, let this journal be a reminder that your well-being matters. Gratitude is not just about looking outward – it's also about looking inward and honouring yourself.



REFLECTION

[illegible]

REFLECTION

[illegible]

REFLECTION

[illegible]

TODAY I AM GRATEFUL FOR...

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TODAY I AM GRATEFUL FOR...

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[illegible]

TODAY I AM GRATEFUL FOR...

[illegible]

TODAY I AM GRATEFUL FOR...

[illegible]

Closing Message

Dear Carer

As you reach the end of this journal, I hope you've discovered something truly valuable – not just in the pages, but within yourself.

Maybe gratitude has helped you notice the small moments of joy tucked between the chaos. Maybe it has reminded you of your strength. Or perhaps, it's simply given you a few moments of calm, clarity, and reflection in a life that often moves too fast.

Whatever this experience has been for you, I want you to know one thing: you matter.

Your care, your kindness, your unwavering dedication – it all makes a difference. But so do you. Your well-being is just as important as those you care for.

Gratitude isn't about ignoring the hard days; it's about finding light in them. It's about honouring yourself, your resilience, and the moments that bring you joy, no matter how small.

Thank you for allowing me to be a small part of your journey. Keep taking care of yourself. Keep noticing the good. You deserve it.

With appreciation and care

JD Brimblecombe

Founder

The Turning Tides Project





Empowering CARERS to reclaim their lives & prioritise themselves – without guilt or burnout.
Resources, tips, & self-care for those who CARE.



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