

# Eden Gratitude Practice Journaling Worksheet

Watch the full video related to this topic [here](#).

## Journaling Questions

1. What beauty did I behold? When did beauty visit?
2. What nourishments was I blessed with today? What fed me, literally and figuratively? What sustained me? What resources, gifts, answers, sustenances rose up to meet me?
3. How did the Edenic experience of variety, novelty, or myriadness show up in my day today? What was new or different or changing?

