

# Another Beautiful Life

## Podcast Worksheet

This worksheet is intended to use as a complement to my podcast “Another Beautiful Life.” It would benefit you most if you listen to the episode before continuing. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

### **Episode 7 - Every Little Thing A Gift**

There was period of time after my husband died when I was anything but thankful. It was a time when I felt the most angry and resentful for my circumstances. I was so angry and resentful that I was having a hard time being thankful about anything.

- 1) If you’ve ever had a time in your life when you were angry and resentful about your circumstances, jot a few details here:

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Psychologist have determined being ungrateful has a direct effect on our psychological health, especially among those already struggling with mental health problems. That’s because when you’re ungrateful you tend to use more negative words that are connected with negative thoughts and emotions – like resentment and envy.

- 2) What were the results when you were feeling so angry and resentful?

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Conversely, psychologist have determined that being grateful changes the chemistry in your brain. Gratitude also increases your physical health. People who are grateful feel less pain, less stress, suffer insomnia less, and have stronger immune systems. Gratitude positively and directly impacts the mind and the body, as well as the spirit.

I shared that I began a life-changing discipline of journaling God’s gifts in my life, based on the book by Ann Voskamp called One Thousand Gifts. As I journaled, I wrote down all the big, important things I was most grateful for, like my children, my friends, the roof over my head, my two little four-legged companions, my job, my car. But then each day I had to add to that – without repeating. The task was to come up with at least 10 *new* things each day to be grateful for. Well, as you can imagine, after several days of this, I had to start *looking* for things to be grateful for. That’s when the magic began, and my heart began to change.

