



Podcast Episode #5: Creative Goal Setting

Do you process ideas best when making something? These projects can help you set your annual goals!

Gratitude Box

Get 365 index cards and a sturdy box to hold them.

Print the month and day at the top of each card – but not the year.

Under the month and day, write the year and the words “I am grateful” as a prompt.

Write something that made you feel grateful each day. You can also write a lesson learned.

To aid in remembering, keep the box in a spot where you will see it every day, and time the activity to happen at the same time as a daily activity such as teeth brushing or going to bed.



Full blog - <http://trashmagination.com/my-daily-gratitude-journal-in-a-box/>

Initial idea from Design*Sponge:

<http://www.designsponge.com/2010/12/diy-project-vintage-postcard-calendar-journal.html>