



WINDOWS OF *gratitude*

a durational art experience

AWBW art transforming trauma
A WINDOW BETWEEN WORLDS

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Welcome to your year of gratitude!

Gratitude allows us to be present to what is, aware and open to important gifts even when faced with deep challenges. It is more than a candy-coated and rose-colored concept — it is a dynamic tool to be used as an anchor in our hectic lives.

I invite you to notice what happens when you invite gratitude in. Does something shift in your body or heart? What enters? What drains away? This journal was created as a way for you to connect with your own embodied lens of gratitude and have a tangible reminder to invite it into your being daily.

As you begin your durational gratitude journey, remember: the art is not just what you create in your journal, it is the process of contemplating, of expressing, and it is the moments you reference your creation, especially in moments of challenge, to return to your own place of serenity and connection.

Cathy Salser, Artist & AWWB Founder



A special thank you...

We would like to thank the following Windows Facilitators who contributed to this project.

Unathi Mahlati

Just Detention International
South Africa

Noheми Lugo

YWCA Greater Lafayette
Indiana

Norma Canelas

YWCA Evanston/North Shore
Illinois

Carlos Mares

Rialto Unified School District
California

Cymone Williams

SafeHouse Denver, Inc.
Colorado

Isabel Bocanegra

Northeast Georgia Council
on Domestic Violence
Georgia

Rose Curtis

Survivors' Art Circle
California

Megan Shaffer

Patton State Hospital
California

Birgit Funck Shorack

InnerChange
Columbia

Lucy Tschachtli

Haven House
Child & Family Services
New York

Melodie Lopez

HONOR Collective
Arizona



How to use this journal:

Using this journal as your guide, we invite you to embark on a year-long journey of gratitude. We have provided 12 prompts to ground you in your monthly practice, or to use at whatever pace you'd like to move through them. Follow the suggested steps below to stay connected to all that you are grateful for.

- Print each journal and creation page as you go or print them all at once.
- Gather whatever art supplies you'd like to use for your expression of gratitude.
- Before you create, begin by grounding yourself in the present in any way that feels right for you.
- Read the prompt and take a few moments to write down your thoughts on the lines provided.
- On the "My expression of gratitude" page, use shapes, colors, images, and words to create art as an extension of your journaling.
- Cut down the center of each page and bind them together using staples or holes and string.
- To be reminded of your gratitude, keep this journal nearby.



What does it mean to you to look at your life through a lens of gratitude?

Cathy, Artist & Founder | A Window Between Worlds, California

What does it mean to you to look at your life through a lens of gratitude?

Cathy, Artist & Founder | A Window Between Worlds, California

[illegible]

My expression of gratitude...

[illegible]

**List five things you're grateful for that
your senses allow you to experience.**

*Unathi, Windows Facilitator & Social Justice Fellow
Just Detention International, South Africa*



My expression of gratitude...

Think about the beauty of ordinary moments you appreciate in life. Describe how they keep you grounded.

Norma, Windows Facilitator | YWCA Evanston/North Shore, Illinois

[illegible][illegible]

We can learn a lot from ourselves through the challenges we face. What is something you are grateful for that challenged/challenges you?

Cymone, Windows Facilitator | SafeHouse Denver, Inc., Colorado



My expression of gratitude...

What personal strengths are you grateful for and how have they helped you in life?

Rose, Coordinator & Windows Facilitator | Survivors' Art Circle, Arizona

What personal strengths are you grateful for and how have they helped you in life?

Rose, Coordinator & Windows Facilitator | Survivors' Art Circle, Arizona

[illegible]

My expression of gratitude...

This image shows a completely blank white page. It is surrounded by a thin black rectangular frame, which appears to be the edge of a scanner or a frame around the document. There are no markings, text, or illustrations on the page itself.

**What dream or desire of yours
are you grateful for and why?**
Birgit, Windows Facilitator | InnerChange, Columbia

**What dream or desire of yours
are you grateful for and why?**
Birgit, Windows Facilitator | InnerChange, Columbia

[illegible]

My expression of gratitude...

[illegible]

**You embody the wildest dreams of your ancestors.
Create a representation of generational strength that
you are grateful for to have received from them.**

Melodie, Windows Facilitator | HONOR Collective, Arizona

**You embody the wildest dreams of your ancestors.
Create a representation of generational strength that
you are grateful for to have received from them.**

Melodie, Windows Facilitator | HONOR Collective, Arizona

[illegible]

My expression of gratitude...

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**Think about the impact you've had on others.
What have you learned from the
gratitude they have shared with you?**

Nohemi, Windows Facilitator | YWCA Greater Lafayette, Indiana

**Think about the impact you've had on others.
What have you learned from the
gratitude they have shared with you?**

Nohemi, Windows Facilitator | YWCA Greater Lafayette, Indiana

[illegible]

My expression of gratitude...


[illegible]

What's something you are grateful for in nature?

Carlos, Windows Facilitator & Social Justice Fellow
Rialto Unified School District, California

[illegible]

My expression of gratitude...



**Reflect on experiences that have brought you to this moment in time.
Write a thank you letter to your past self.**

Isabel, Windows Facilitator | Northeast GA Council on Domestic Violence, Georgia

[illegible][illegible]

Write your name vertically down the center of the page. For each letter, list something you are grateful for. Use the letters for any part of the words you list.

Megan, Windows Facilitator | Patton State Hospital, California

[illegible]

My expression of gratitude...

How has using this gratitude journal helped you?
How will you continue to incorporate gratitude into your life?

Lucy, Windows Facilitator | Haven House & Family Services, New York

[illegible]

My expression of gratitude...

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Moving Forward **CARRYING GRATITUDE WITH US**

You are invited to reflect on your gratitude journey and use this page to plant seeds of change you wish to carry forward. What transformations have you noticed in your body and heart? What gratitude practices will you continue to use? Using words, shapes, and colors, create something you can use as a touchstone to anchor your gratitude journey.



AWBW art transforming trauma **A WINDOW BETWEEN WORLDS**

OUR MISSION

To empower individuals and communities impacted by violence and trauma through a transformative healing arts program.

OUR VISION

We view art as a catalyst to release trauma, build resilience and ignite social change. When individuals create art in a safe community they can be heard and respected — replacing violence and shame with safety and hope.

OUR IMPACT

AWBW currently supports a collaborative network of over 750 trained facilitators across the country, facilitating trauma-informed healing arts workshops at more than 320 partnering domestic violence shelters, sexual assault agencies, schools, prisons, substance abuse treatment centers, foster family agencies, churches, and other places survivors seek assistance.

Since our founding in 1991, over 350,000 children and adults have benefited from our healing arts workshops.

**To learn more, visit our webpage
and follow us on social media!**
awbw.org | [@awbworg](https://www.instagram.com/awbworg)

