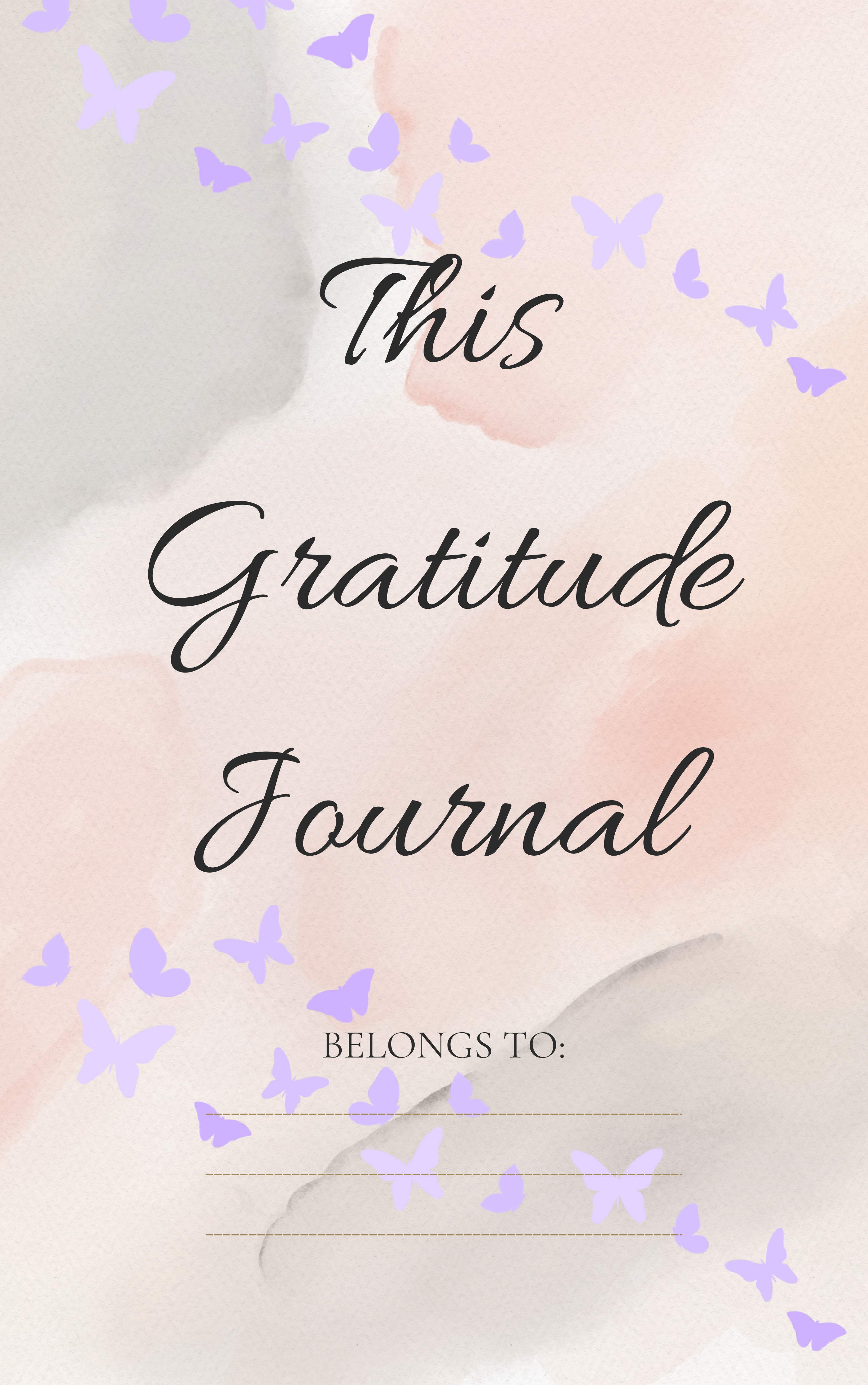




This Gratitude Journal

BELONGS TO:

How to use this Journal

This journal is divided into 2 sections, Morning and Evening, here are some suggestions on how to fill out daily journal. Duplicate pages for continual use.



1. MORNING - Start day optimistic

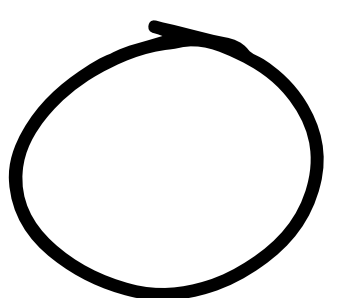
- Simply say 'Thank You' to the Universal Power bigger than you
- Record 3 things to be grateful for: If feeling there is nothing to be grateful for, here are some ideas. 1. Me 2. My ability to keep going through challenges 3. The sky
- Todays interntion: Could be get dressed, smile at a stranger, treat yourself to a coffee, be kinder to myself & others
- Daily challenge - Mirror Talk - Look into your eyes in your mirror and say 'I love you' and feel free to add on further compliments
- Todays affirmation: Start with I AM... and complete the declaration of what you are for the day or everyday. Ideas such as I AM STRONG, I AM WORTHY, I AM LOVED, I AM SPECIAL
- Take 5 minutes out of your day to simply be present and appreciate what surrounds you.

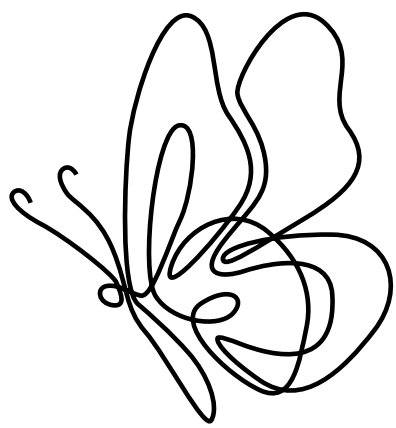
2. EVENING - brief reflection on the day.

- Date: Optional but a good idea to look back and see your journey
- Mood or Emotion Tracker: Remember to celebrate the good days and not hold on to the bad
- Reflections: Add a section where you can reflect on the events of the day, any insights you gained, or lessons learned.
- Todays accomplishment: what can I celebrate about myself today? Can be small, can be huge, can be one, can be many
- Creativity Space: Freedom of expression, this is a challenge to draw something. An idea should you be lacking imagination and artistic skills

RULES

1. Keep it Simple, mistakes are allowed as you are imperfectly perfect
2. Its not a competition, its simply an expression of yourself
3. Be non judgemental & Kind to Yourself





GRATITUDE

Morning Entry

DATE: / /

● ● ● ● ● ● ●
S M T W T F S

TODAY I'M THANKFUL FOR TODAY &:

- 1. _____
- 2. _____
- 3. _____

TODAY'S INTENTION:

I WILL _____

DAILY CHALLENGE:

Mirror Talk - Look into your eyes in your mirror and say 'I love you' and feel free to add on further compliments

TODAY'S AFFIRMATION:

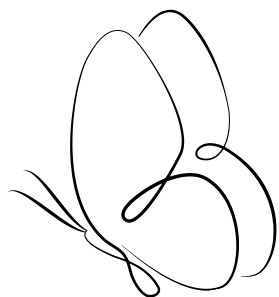
I AM _____

DAILY EXERCISE:

Today take 5 mins to just slow down and be present. Maybe walk slower and look up to see the beauty that surrounds you. Could be a bird, the architecture of a building or a cloud or even your reflection in a store window.

JOURNAL

Evening Entry



TODAY'S REFLECTION

MOOD

- 
ANGRY
- 
TIRED
- 
SAD
- 
HAPPY
- 
EXCITED

CREATIVE EXPRESSION

WHAT POSITIVE THING HAPPENED TODAY?

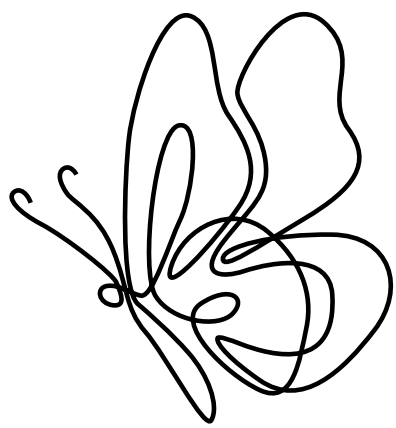
1.
2.
3.

WHAT BEAUTIFUL THING DID I NOTICE TODAY?

1.
2.
3.

NOTES/REMINDERS:

WHAT FUN OR INSPIRING THING CAN I DO FOR MYSELF TOMORROW?



GRATITUDE

Morning Entry

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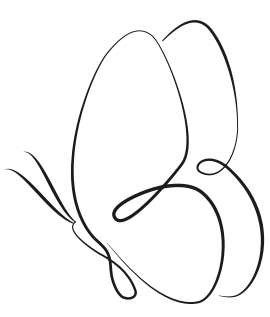
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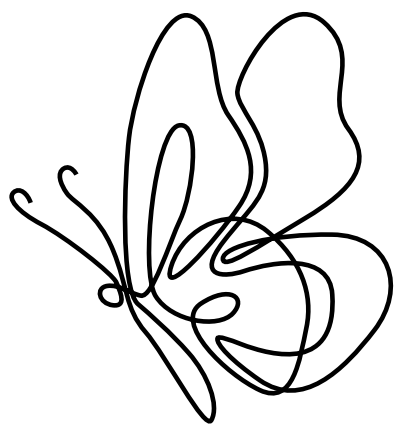
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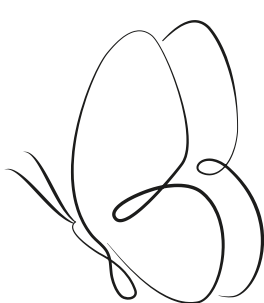
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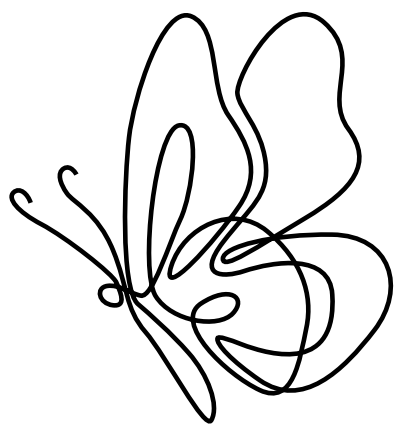
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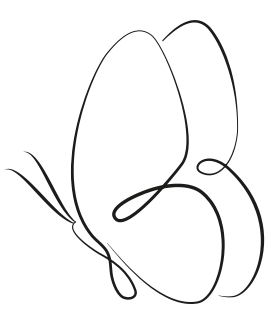
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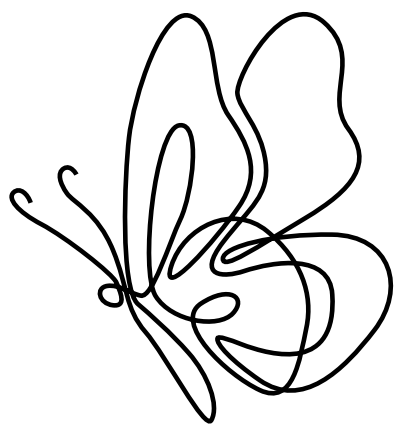
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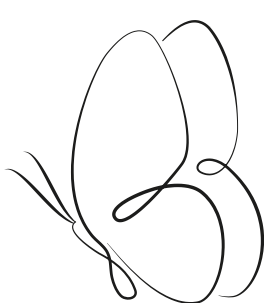
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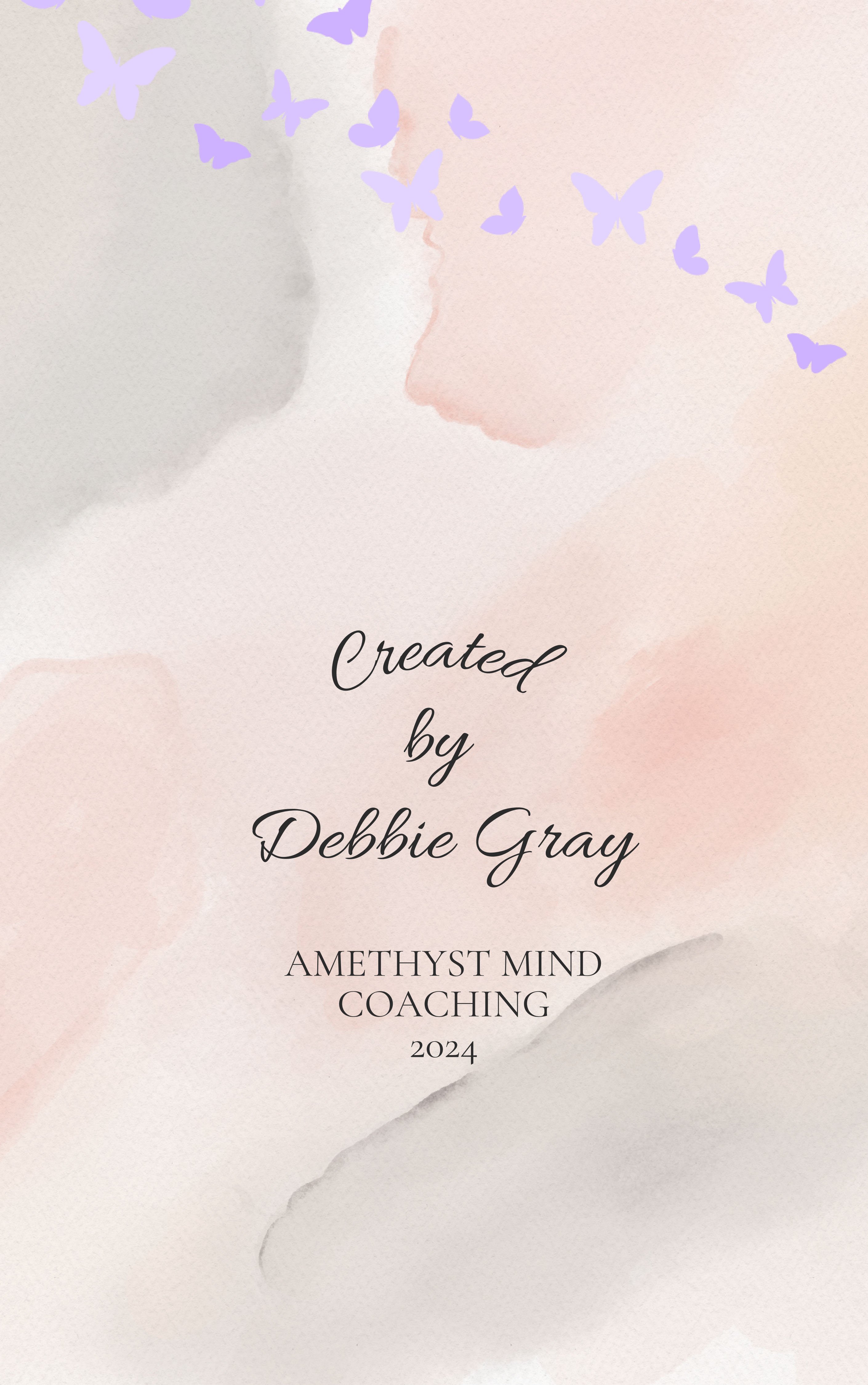
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NOTES:



NOTES:



The background of the entire page is a soft, abstract watercolor wash in shades of light pink, peach, and pale grey. Scattered across the upper half of the page are numerous small, stylized purple butterflies, some in flight and others resting, adding a delicate and whimsical touch to the design.

*Created
by
Debbie Gray*

AMETHYST MIND
COACHING

2024