



BLOSSOMS KORNER

# My Gratitude Journal

Date : .....



BLOSSOMS KORNER

# Gratitude Journal



THIS JOURNAL BELONGS TO

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## JAN

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21	22	23	24	25	26	27
28	29	30	31			



Blossoms Korner

# 30 DAYS OF GRATITUDE PROMPTS

<b>DAY 1</b>	Write about your favorite memory from last year.
<b>DAY 2</b>	What are you most grateful for today?
<b>DAY 3</b>	Draw or describe your dream vacation.
<b>DAY 4</b>	Who makes you happiest and why?
<b>DAY 5</b>	Write about a goal you have for this year
<b>DAY 6</b>	What is your favorite family tradition?
<b>DAY 7</b>	Describe your perfect day.
<b>DAY 8</b>	What is your favorite thing to do with friends?
<b>DAY 9</b>	If you could have any superpower, what would it be?
<b>DAY 10</b>	What is one thing you love about yourself?
<b>DAY 11</b>	Write about a time you felt really proud.
<b>DAY 12</b>	What is your favorite book or movie and why?
<b>DAY 13</b>	Draw or list 5 things that make you smile.
<b>DAY 14</b>	Write about a time you were really kind to someone.
<b>DAY 15</b>	What is one skill you want to learn?

<b>DAY 16</b>	What is your happiest memory with your family?
<b>DAY 17</b>	Describe your favorite hobby or activity.
<b>DAY 18</b>	If you could visit any time in history, when would it be?
<b>DAY 19</b>	Write about your favorite thing about nature.
<b>DAY 20</b>	What is one thing you want to try this year?
<b>DAY 21</b>	Write about someone you look up to and why.
<b>DAY 22</b>	Draw or describe your dream home.
<b>DAY 23</b>	What is your favorite meal or food memory?
<b>DAY 24</b>	Write about a time you overcame a challenge.
<b>DAY 25</b>	If you could invent something, what would it be?
<b>DAY 26</b>	Write about a place you love to visit.
<b>DAY 27</b>	What is one thing you learned recently?
<b>DAY 28</b>	Write a letter to your future self.
<b>DAY 29</b>	What does happiness mean to you?
<b>DAY 30</b>	Reflect on the challenge—how do you feel now?





# WEEKLY WORKOUT

## Schedule

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### Strength Training (Upper Body)

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Warm-up	:
Push-ups	:
Dumbbell Bench Press	:
Bent Over Rows	:
Dumbbell Shoulder Press	:

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### Cardio

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Warm-up	:
Running or brisk walking	:
Cool-down	:

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### Strength Training (Lower Body)

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Warm-up	:
Squats	:
Lunges	:
Deadlifts	:

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### Flexibility and Core

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Warm-up	:
Plank	:
Russian Twists	:
Bicycle Crunches	:

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### Strength Training (Full Body)

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Warm-up	:
Deadlifts	:
Bench Press	:
Pull-ups or Lat Pulldowns	:

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### Cardio

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Warm-up	:
Cycling, swimming, or a fitness class	:
Cool-down	:

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### Cardio

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Rest or Active Recovery	:
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# Budget Tracker

## Income

Starting Balance

Income Stream 1

Income Stream 2

Income Stream 3

Total Income

## Grocery

Groceries

Delivery

Restaurants

Coffee

Total Expenses

## Bills

Rent

Electricity

Water and Sewage

Garbage Collection

Internet

Phone

Total Expenses

## Expenses

Household Items

Household Repairs

Apparel

Cosmetics

Vacations

Travel

Total Expenses

## Debt

Mortgage

Credit Card

Total Debt

## Savings

Sinking Fund 1

Sinking Fund 2

Total Savings





# GRATITUDE *journal*

DEAR FRIEND,  
WELCOME TO YOUR 30-DAY GRATITUDE CHALLENGE JOURNAL!  
THIS JOURNAL IS YOUR COMPANION ON A JOURNEY TO  
EMBRACE POSITIVITY, MINDFULNESS, AND JOY. BY DEDICATING  
JUST A FEW MOMENTS EACH DAY, YOU'LL DISCOVER THE  
POWER OF GRATITUDE TO TRANSFORM YOUR MINDSET AND  
RELATIONSHIPS.

WHETHER YOU'RE NEW TO GRATITUDE OR DEEPENING AN  
EXISTING PRACTICE, THIS JOURNAL IS DESIGNED TO MAKE YOUR  
JOURNEY ENLIGHTENING AND FUN. YOU'LL FIND DAILY PROMPTS,  
INSPIRING QUOTES, AND ACTIVITIES TO HELP YOU REFLECT ON  
LIFE'S BLESSINGS.

LET'S MAKE THE NEXT 30 DAYS A TIME TO PAUSE, REFLECT, AND  
CELEBRATE LIFE'S BEAUTY—ONE THANKFUL MOMENT AT A TIME.

WITH GRATITUDE,  
BLOSSOMS KORNER





# GRATITUDE

## *journal*

### **WHAT IS GRATITUDE?**

GRATITUDE IS MORE THAN JUST SAYING "THANK YOU." IT'S A MINDSET—A WAY OF SEEING THE WORLD THROUGH A LENS OF APPRECIATION. IT'S ABOUT ACKNOWLEDGING THE GOOD THINGS IN YOUR LIFE, BIG OR SMALL, AND FINDING JOY IN THEM.

WHEN YOU PRACTICE GRATITUDE, YOU'RE NOT IGNORING LIFE'S CHALLENGES. INSTEAD, YOU'RE FOCUSING ON THE BLESSINGS THAT BRING LIGHT TO YOUR JOURNEY, EVEN IN TOUGH TIMES. GRATITUDE HELPS US CULTIVATE HAPPINESS, STRENGTHEN RELATIONSHIPS, AND BUILD RESILIENCE.







# GRATITUDE *journal*

## THE SCIENCE OF GRATITUDE:

HOW GRATITUDE CHANGES YOUR BRAIN:

GRATITUDE IS MORE THAN A FEEL-GOOD EMOTION—IT'S A POWERFUL TOOL FOR PERSONAL GROWTH.

NEUROSCIENTISTS HAVE FOUND THAT PRACTICING GRATITUDE REGULARLY CAN:

- **BOOST POSITIVITY:** GRATITUDE ACTIVATES THE BRAIN'S REWARD SYSTEM, RELEASING DOPAMINE AND SEROTONIN—THE "FEEL-GOOD" CHEMICALS.
- **REDUCE STRESS:** REFLECTING ON WHAT YOU'RE THANKFUL FOR CALMS THE AMYGDALA, THE BRAIN'S STRESS CENTER.
- **IMPROVE RELATIONSHIPS:** EXPRESSING GRATITUDE STRENGTHENS EMOTIONAL BONDS WITH LOVED ONES.





# GRATITUDE *journal*

DID YOU KNOW?

A 2015 STUDY IN THE JOURNAL PERSONALITY AND INDIVIDUAL DIFFERENCES SHOWED THAT GRATEFUL PEOPLE ARE 25% HAPPIER THAN THOSE WHO DON'T PRACTICE GRATITUDE REGULARLY.







# GRATITUDE *journal*

## TIPS FOR JOURNALING

### HOW TO MAKE THE MOST OF THIS JOURNAL:

- SET A ROUTINE: PICK A CONSISTENT TIME EACH DAY TO COMPLETE YOUR JOURNAL. MORNING REFLECTION CAN SET A POSITIVE TONE, WHILE EVENING JOURNALING HELPS YOU WIND DOWN.
- BE HONEST: WRITE FROM THE HEART. GRATITUDE DOESN'T NEED TO BE PERFECT—IT JUST NEEDS TO BE AUTHENTIC.
- DON'T OVERTHINK: FOCUS ON SMALL JOYS, LIKE A KIND WORD FROM A FRIEND OR THE WARMTH OF YOUR MORNING COFFEE.
- ADD CREATIVITY: USE THIS JOURNAL TO DOODLE, WRITE POEMS, OR CREATE SMALL DRAWINGS THAT CAPTURE YOUR FEELINGS.
- REFLECT WEEKLY: LOOK BACK ON WHAT YOU'VE WRITTEN AT THE END OF EACH WEEK TO SEE HOW YOUR MINDSET HAS EVOLVED.





# GRATITUDE *journal*

## SETTING YOUR GRATITUDE GOALS

WHAT DO YOU HOPE TO ACHIEVE?

TAKE A MOMENT TO WRITE DOWN YOUR GOALS FOR THIS  
30-DAY JOURNEY:

- WHAT DO YOU WANT TO FEEL AT THE END OF THIS CHALLENGE?
- HOW CAN GRATITUDE IMPROVE YOUR RELATIONSHIPS, HEALTH, OR MINDSET?
- LIST 3 THINGS YOU WANT TO FOCUS ON DURING THIS JOURNEY





# GRATITUDE *journal*

DEAR FRIEND,  
WELCOME TO YOUR 30-DAY GRATITUDE CHALLENGE JOURNAL! THIS JOURNAL IS YOUR COMPANION ON A JOURNEY TO EMBRACE POSITIVITY, MINDFULNESS, AND JOY. BY DEDICATING JUST A FEW MOMENTS EACH DAY, YOU'LL DISCOVER THE POWER OF GRATITUDE TO TRANSFORM YOUR MINDSET AND RELATIONSHIPS. WHETHER YOU'RE NEW TO GRATITUDE OR DEEPENING AN EXISTING PRACTICE, THIS JOURNAL IS DESIGNED TO MAKE YOUR JOURNEY ENLIGHTENING AND FUN. YOU'LL FIND DAILY PROMPTS, INSPIRING QUOTES, AND ACTIVITIES TO HELP YOU REFLECT ON LIFE'S BLESSINGS. LET'S MAKE THE NEXT 30 DAYS A TIME TO PAUSE, REFLECT, AND CELEBRATE LIFE'S BEAUTY—ONE THANKFUL MOMENT AT A TIME.

WITH GRATITUDE,

BLOSSOMS KORNER







# GRATITUDE *journal*

## Weekly Gratitude Tracker- Week 1

### Title: Celebrate Your Daily Gratitudes

Each day, take a moment to reflect on something you're grateful for or a small win you experienced. It doesn't have to be big—sometimes the smallest joys bring the greatest light. Write it down in the space below. At the end of the week, look back and see how these moments of gratitude have added up!

DayGratitude/Win

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Remember, no matter how your week unfolds, there's always something to be thankful for. Keep finding the beauty in the little things!

— Henry Ward Beecher





# GRATITUDE *journal*

## Weekly Reflection Section- Week 1

### Title: Weekly Reflection

#### Instructions:

Take some time to look back on the past week. Reflect on the moments that stood out—whether they brought joy, taught you something, or presented a challenge. Use the prompts below to guide your thoughts, and write freely in the space provided.

#### Reflection Prompts:

1. What was the best moment of your week, and why?
2. Did you face any challenges? How did you overcome them?
3. What surprised you most about this week?
4. Which moment filled your heart with joy?
5. What is one thing you learned or appreciated this week?

Remember, no matter how your week unfolds, there's always something to be thankful for. Keep finding the beauty in the little things!

— Henry Ward Beecher



# GRATITUDE

## journal



# GRATITUDE

## journal







# GRATITUDE *journal*

## Gratitude in Action Exercise

Title: Gratitude in Action

Instructions:

This week, take a step toward cultivating gratitude through a simple activity. After completing it, reflect on how it impacted your mindset and connections.

### Week 1: Write a Thank-You Note

- Think of someone who has positively impacted your life recently or in the past.
- Write them a heartfelt thank-you note. If possible, deliver it in person, via email, or text.

Reflection Questions:

1. How did it feel to express your gratitude?
2. How did the recipient respond (if you shared it)?
3. What new insights did you gain through this exercise?



# GRATITUDE

## *journal*





# DAY 1: GRATITUDE *journal*

## Motivational Quote

"Gratitude turns what we have into enough." — Anonymous


Activity: Write about your favorite memory from last year.  
Reflect on what made it special.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Focus on your breathing for 5 minutes.  
Inhale deeply, hold for 4 seconds, then exhale slowly.





# DAY 2: GRATITUDE *journal*

## Motivational Quote

"When we give cheerfully and accept gratefully, everyone is blessed." — Maya Angelou

Activity: Write down 3 things you're grateful for today.



Something I'm Proud of


Tomorrow I Look Forward to


Mindfulness Exercise: Sit in a comfortable position. Close your eyes and scan your body from head to toe, noticing any areas of tension and releasing them.





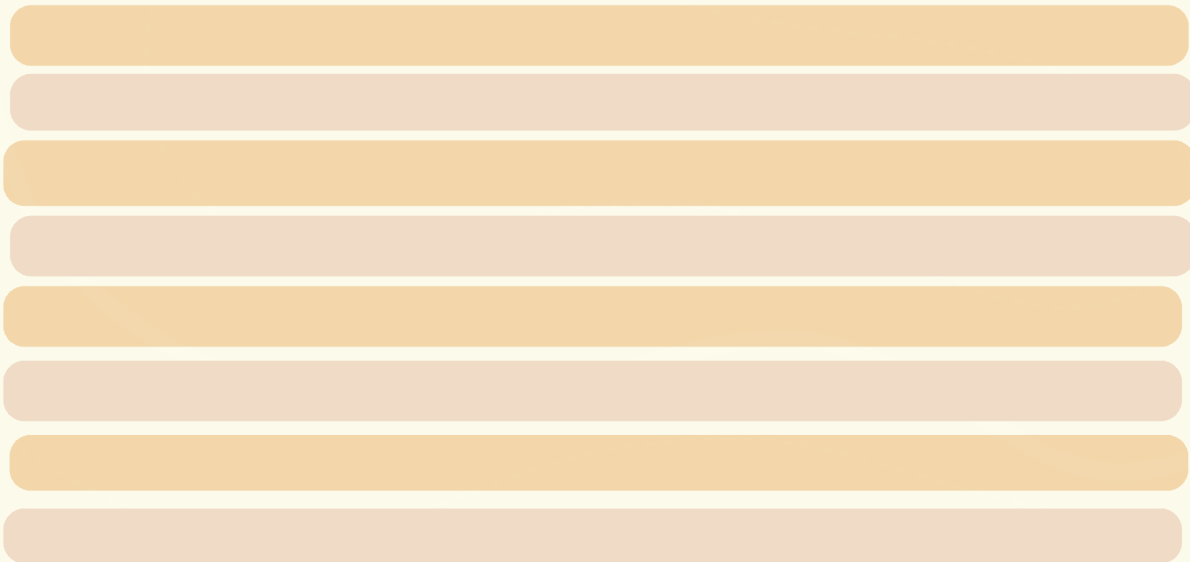


# DAY 3: GRATITUDE *journal*


## Motivational Quote

"Gratitude is not only the greatest of virtues, but the parent of all the others." — Marcus Tullius Cicero

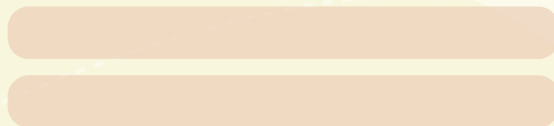
Activity: Draw or describe your dream vacation.



Something I'm Proud of



Tomorrow I Look Forward to



Mindfulness Exercise: Focus on the sounds around you for 2-3 minutes. Identify at least 5 different sounds.





# DAY 4: GRATITUDE *journal*

## Motivational Quote

"Start where you are. Use what you have. Do what you can." —  
Arthur Ashe

Activity: Write about the person who makes you  
happiest and why.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Take a mindful walk outside. Pay  
attention to every detail around you—the sights, smells, and  
sounds.





# DAY 5: GRATITUDE *journal*

## Motivational Quote

Let gratitude be the pillow upon which you kneel to say your nightly prayer." — Maya Angelou

Activity: Reflect on a goal you have for this year.  
What steps can you take to achieve it?


Something I'm Proud of


Tomorrow I Look Forward to


Mindfulness Exercise: Practice mindful breathing for 5 minutes. Focus solely on your breath as it moves in and out.

"



# GRATITUDE

## WORD SEARCH

Find and circle all the words to be grateful for.

WARMTH

JOY

FREEDOM

PARTIES

PETS

LOVE

SCHOOL

FOOD

SEASONS

GAMES

FRIENDS

FAMILY

Q	B	F	F	R	I	E	N	D	S
S	W	F	Q	S	E	A	V	S	W
C	A	R	P	E	D	J	P	C	A
E	R	E	B	A	G	N	V	H	M
P	M	E	F	S	R	Z	D	O	I
E	T	D	O	O	O	T	U	O	L
T	H	O	O	N	T	N	I	L	Y
S	J	M	D	S	Y	J	L	E	X
G	A	M	E	S	L	O	V	E	S
N	V	T	S	B	P	Y	T	Z	W



# DAY 6: GRATITUDE *journal*

## Motivational Quote

"Gratitude is the fairest blossom which springs from the soul." —  
Henry Ward Beecher

Activity: Write about your favorite family tradition  
and why it's meaningful to you.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Close your eyes and take 5 deep  
breaths. Visualize a peaceful place that makes you feel  
calm.







# DAY 7: GRATITUDE *journal*

## Motivational Quote

Gratitude is the sign of noble souls." — Aesop

Activity: Write about your perfect day. What would you do?

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Take a mindful moment to observe your surroundings without judgment. Focus on the details—colors, textures, shapes.





# GRATITUDE

## journal

### Weekly Gratitude Tracker- Week 2

#### Title: Celebrate Your Daily Gratitudes

Each day, take a moment to reflect on something you're grateful for or a small win you experienced. It doesn't have to be big—sometimes the smallest joys bring the greatest light. Write it down in the space below. At the end of the week, look back and see how these moments of gratitude have added up!

DayGratitude/Win

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Sunday

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# GRATITUDE *journal*

## Weekly Gratitude Tracker- Week 2

### Title: Weekly Reflection

#### Instructions:

Take some time to look back on the past week. Reflect on the moments that stood out—whether they brought joy, taught you something, or presented a challenge. Use the prompts below to guide your thoughts, and write freely in the space provided.

#### Reflection Prompts:

- What was the best moment of your week, and why?
- Did you face any challenges? How did you overcome them?
- What surprised you most about this week?
- Which moment filled your heart with joy?
- What is one thing you learned or appreciated this week?

Remember, no matter how your week unfolds, there's always something to be thankful for. Keep finding the beauty in the little things!

— Henry Ward Beecher



# GRATITUDE

## *journal*



# GRATITUDE

## *journal*







# GRATITUDE *journal*

## **Gratitude in Action Exercise**

Title: Gratitude in Action

### **Instructions:**

Take this week's exercise and reflect on its impact on your relationships and your own inner peace.

### Week 2: Create a Gratitude Jar

- Find a small jar or container and decorate it however you like.
- Each day this week, write one thing you're grateful for on a small piece of paper. Add it to the jar.
- At the end of the week, read through the slips of paper and reflect on how these daily acts of gratitude built up.

### Reflection Questions:

1. How did it feel to add something to the jar every day?
2. Did the small things you listed surprise you?
3. How did it change the way you viewed your week?



# GRATITUDE *journal*





# DAY 8: GRATITUDE *journal*

## Motivational Quote

"A thankful heart is not only the greatest virtue, but the parent of all the other virtues." — Marcus Tullius Cicero

Activity: Write about a time you helped someone.  
How did it make you feel?

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Practice deep breathing. On each inhale, think of a word of gratitude. On each exhale, release any tension.





# DAY 9: GRATITUDE *journal*

## Motivational Quote

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." — Melody Beattie

Activity: List 5 things that make you smile.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Close your eyes, focus on your breath, and visualize a warm light surrounding you. Feel the warmth and comfort.





# DAY 10: GRATITUDE *journal*

## Motivational Quote

"The more grateful I am, the more beauty I see." — Mary Davis

Activity: Write about your happiest family memory and why it stands out.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Spend a few minutes focusing on one positive emotion you've experienced today. Let it fill your mind.





# DAY 11: GRATITUDE *journal*

## Motivational Quote

"Gratitude is the healthiest of all human emotions." — Zig Ziglar

Activity: Write about a time you felt truly at peace.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Focus on your senses for 2 minutes.

What do you see, smell, hear, and feel right now?









# DAY 12: GRATITUDE *journal*

## Motivational Quote

"Gratitude is the key to a happy heart." — Anonymous

Activity: Write about your favorite book or movie and how it inspires you.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Practice mindful breathing. Count your breaths from 1 to 10 and then back down.





# DAY 13: GRATITUDE *journal*

## Motivational Quote

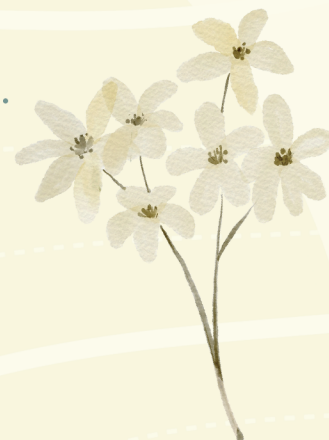
Gratitude changes the pangs of memory into a tranquil joy." —  
Dietrich Bonhoeffer

Activity: Write about someone who has inspired you and what you've learned from them

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Practice mindful walking for 5 minutes.  
Focus on the sensation of each step and your surroundings.





# DAY 14: GRATITUDE *journal*

## Motivational Quote

"Gratitude is the best attitude." — Anonymous

Activity: Write about a time you overcame a challenge and what you learned from it.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Spend 5 minutes focusing on the feeling of gratitude. Reflect on how it changes your mood and body.





# GRATITUDE *journal*

## Weekly Gratitude Tracker- Week 3:

Title: Celebrate Your Daily Gratitudes

Each day, take a moment to reflect on something you're grateful for or a small win you experienced. It doesn't have to be big—sometimes the smallest joys bring the greatest light. Write it down in the space below. At the end of the week, look back and see how these moments of gratitude have added up!

DayGratitude/Win

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Sunday

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Overcoming Challenges with Gratitude

"In the middle of every difficulty lies opportunity." - Albert Einstein





# GRATITUDE *journal*

## **Weekly Gratitude Tracker- Week 3:**

### **Title: Weekly Reflection**

#### **Instructions:**

**Take some time to look back on the past week. Reflect on the moments that stood out—whether they brought joy, taught you something, or presented a challenge. Use the prompts below to guide your thoughts, and write freely in the space provided.**

#### **Reflection Prompts:**

- **What was the best moment of your week, and why?**
- **Did you face any challenges? How did you overcome them?**
- **What surprised you most about this week?**
- **Which moment filled your heart with joy?**
- **What is one thing you learned or appreciated this week?**

Overcoming Challenges with Gratitude

"In the middle of every difficulty lies opportunity." – Albert Einstein





# GRATITUDE

## journal



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## journal





# GRATITUDE *journal*

## Gratitude in Action Exercise

### **Title: Gratitude in Action**

Instructions:

Put your gratitude into action this week by helping others in small but meaningful ways.

### Week 3: Random Act of Kindness

- Choose one random act of kindness to complete this week. Whether it's buying coffee for a stranger, offering help to a neighbor, or volunteering your time, make sure it's an act of kindness that feels right for you.

Reflection Questions:

1. What was the act of kindness you chose, and why?
2. How did this act impact you?
3. How did the recipient react? What did you learn from this experience?



# GRATITUDE *journal*





# DAY 15: GRATITUDE *journal*

## Motivational Quote

Gratitude turns a meal into a feast." — Melody Beattie

Activity: Write about a skill you want to learn and why it interests you.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Close your eyes and breathe deeply for 2 minutes. Focus on the warmth and calmness you feel.





# DAY 16: GRATITUDE *journal*

## Motivational Quote

"Gratitude turns what we have into enough." — Anonymous

Activity: Write about your favorite family outing and what made it memorable.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Find a quiet spot, sit comfortably, and focus on your body for 5 minutes, noticing areas of relaxation.







# DAY 17: GRATITUDE *journal*

## Motivational Quote

"Gratitude is the most exquisite form of courtesy." — Jacques Maritain

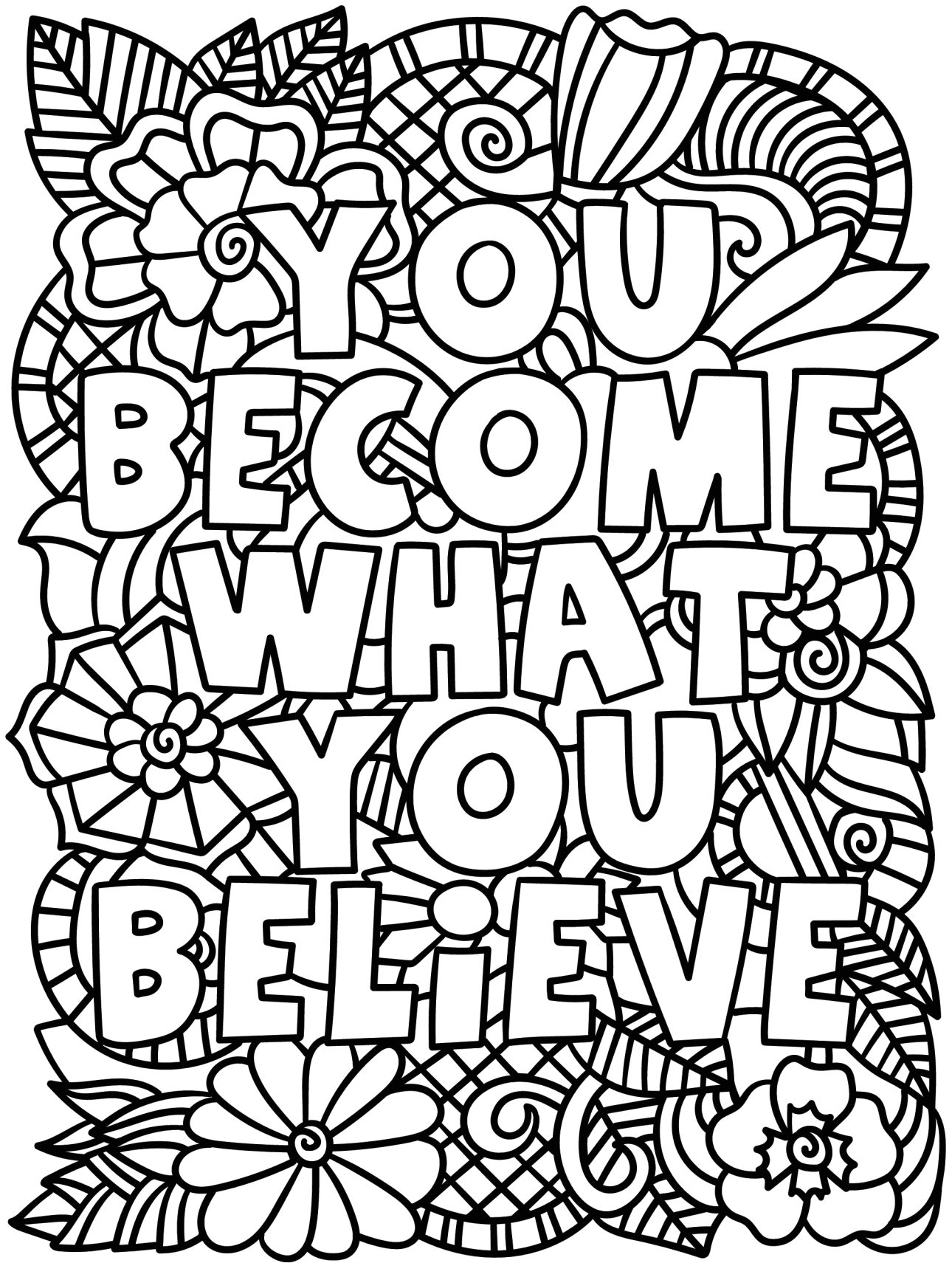
Activity: Write about your favorite hobby and why it brings you joy.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Take a moment to reflect on one positive thing that happened today. Let it fill your heart with warmth.







# DAY 18: GRATITUDE *journal*

## Motivational Quote

"Gratitude is an opener of locked-up blessings." — Marianne Williamson

Activity: Write about a place you've always wanted to visit.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Focus on your breath for 5 minutes, and try to let go of any negative thoughts or worries.





# DAY 19: GRATITUDE *journal*

## Motivational Quote

The more you praise and celebrate your life, the more there is in life to celebrate." — Oprah Winfrey

Activity: Write about what brings you happiness.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Close your eyes and take 5 deep breaths. Focus on the sensation of air entering and leaving your lungs.





# DAY 20: GRATITUDE *journal*

## Motivational Quote

"Gratitude unlocks the fullness of life." — Melody Beattie


Activity: Write about a time you felt really connected with someone.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Spend 5 minutes focusing on the sounds around you. Listen closely for subtle, calming noises.





# DAY 21: GRATITUDE *journal*

## Motivational Quote

"Gratitude makes every moment a blessing." — Anonymous

Activity: Write about someone you look up to and why.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Practice gratitude by silently listing 5 things you're thankful for. Focus on each one.







# GRATITUDE *journal*

## Weekly Gratitude Tracker

### Week 4:

#### Title: Celebrate Your Daily Gratitudes

Each day, take a moment to reflect on something you're grateful for or a small win you experienced. It doesn't have to be big—sometimes the smallest joys bring the greatest light. Write it down in the space below. At the end of the week, look back and see how these moments of gratitude have added up!

DayGratitude/Win

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Sunday

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Sustaining the Practice of Gratitude

"What you focus on expands. So, focus on what you're grateful for."

– Oprah Winfrey





# GRATITUDE *journal*

## Weekly Gratitude Tracker- Week 4

### Title: Weekly Reflection

#### Instructions:

Take some time to look back on the past week. Reflect on the moments that stood out—whether they brought joy, taught you something, or presented a challenge. Use the prompts below to guide your thoughts, and write freely in the space provided.

#### Reflection Prompts:

- What was the best moment of your week, and why?
- Did you face any challenges? How did you overcome them?
- What surprised you most about this week?
- Which moment filled your heart with joy?
- What is one thing you learned or appreciated this week?

Sustaining the Practice of Gratitude

"What you focus on expands. So, focus on what you're grateful for."

– Oprah Winfrey



# GRATITUDE

## journal



# GRATITUDE

## journal





# GRATITUDE *journal*

## Gratitude in Action Exercise

### Title: Gratitude in Action

#### Instructions:

This week, practice gratitude by turning it into a daily ritual, making it part of your morning or evening routine.

### Week 4: Start Your Day with Gratitude

- Begin each day this week with a moment of gratitude. You can do this while drinking your morning coffee, stretching, or before getting out of bed. Think of at least three things you're grateful for each morning.
- Write them down in your journal if you can.

#### Reflection Questions:

1. How did it feel to begin each day with gratitude?
2. Did starting your day with gratitude change the way you approached the rest of your day?
3. What small but meaningful things did you notice throughout the day that you might have otherwise missed?



# GRATITUDE

## journal





# DAY 22: GRATITUDE *journal*

## Motivational Quote

"Gratitude is the fairest blossom which springs from the soul." — Henry  
Ward Beecher

Activity: Write about your dream home and how it  
would make you feel.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Take a mindful walk outside. Pay  
attention to nature and reflect on the beauty around you.







# EMOTIONS

## WORD SEARCH

Find the words listed below and mark them.



D	E	A	E	X	C	I	T	E	D	A	S
C	O	N	F	U	S	E	D	Y	E	D	U
A	B	G	O	T	U	V	S	Z	N	F	R
U	F	R	U	S	T	R	A	T	E	D	P
P	G	Y	H	C	I	J	D	I	R	H	R
S	K	O	L	A	S	U	V	R	V	A	I
E	P	M	U	R	A	T	I	E	O	P	S
T	N	Q	R	E	W	O	Y	D	U	P	E
B	O	R	E	D	U	Z	E	D	S	Y	D

- HAPPY
- SAD
- CONFUSED
- FRUSTRATED
- BORED
- NERVOUS
- SURPRISED
- UPSET
- SCARED
- ANGRY
- EXCITED
- TIRED





# DAY 23: GRATITUDE *journal*

## Motivational Quote

"Gratitude is the sign of noble souls." — Aesop

Activity: Write about your favorite meal and a memory associated with it.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Close your eyes and take 10 deep breaths. Focus on the sensations of peace as you breathe in and out.





# DAY 24: GRATITUDE *journal*

## Motivational Quote

"Gratitude is the memory of the heart." — Jean Baptiste Massieu

Activity: Write about a challenge you faced and how you overcame it.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Spend 2-3 minutes practicing mindful listening. Focus on the sounds and background noises around you.





# DAY 25: GRATITUDE *journal*

## Motivational Quote

"Gratitude is the key to joy." — Anonymous


Activity: Write about something you've always wanted to invent or create

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Focus on the sensation of your feet on the ground for 5 minutes. Feel connected to the earth.





# DAY 26: GRATITUDE *journal*

## Motivational Quote

"The roots of all goodness lie in the soil of appreciation for goodness." — Dalai Lama

Activity: Write about a place you love to visit and what makes it so special.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Take a moment to focus on your heart center. Breathe deeply and focus on feelings of warmth and gratitude.





# DAY 27: GRATITUDE *journal*

## Motivational Quote

"The more you are in a state of gratitude, the more you will attract things to be grateful for." — Walt Disney

Activity: Write about something new you've learned recently.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Take 5 minutes and sit quietly, focusing on your breath. Let go of any distractions or stress.



# EARTH DAY

## WORDSEARCH



W	W	A	T	E	R	P	B	O	T
A	P	R	I	L	R	L	I	W	R
S	E	E	D	S	E	A	R	P	E
S	A	I	R	F	C	N	D	L	E
L	I	G	H	T	Y	T	S	A	S
B	R	E	D	U	C	E	Q	S	E
G	R	E	E	N	L	X	K	T	A
R	E	U	S	E	E	N	Z	I	R
A	R	H	C	L	E	A	N	C	T
B	M	Q	P	A	P	E	R	X	H


AIR  
APRIL  
BIRDS  
CLEAN

EARTH  
**GREEN**  
**LIGHT**  
**PAPER**

PLANT  
**PLASTIC**  
**RECYCLE**  
**REDUCE**

REUSE  
**SEEDS**  
**TREES**  
**WATER**





# DAY 28: GRATITUDE *journal*

## Motivational Quote

"Gratitude is a powerful catalyst for happiness." — Anonymous

Activity: Write a letter to your future self, expressing gratitude for your achievements.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Practice mindful breathing. For each inhale, think of something you're grateful for.





# DAY 29: GRATITUDE *journal*

## Motivational Quote

"Gratitude is the healthiest of all human emotions." — Zig Ziglar

Activity: Reflect on what happiness means to you.

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Close your eyes and focus on your body. Feel any areas of tension, then release them with each breath.





# DAY 30: GRATITUDE *journal*

## Motivational Quote

"Gratitude is the most exquisite form of courtesy." — Jacques Maritain

Activity: Reflect on the entire challenge. How do you feel? What has changed in your life?

Something I'm Proud of

Tomorrow I Look Forward to

Mindfulness Exercise: Practice mindful breathing. Reflect on how gratitude has shifted your mindset over the past 30 days.





# DAY 31: GRATITUDE *journal*

## Motivational Quote

"The more grateful you are, the more you have to be grateful for."

— Zig Ziglar

## Activity:

Create a gratitude collage. Use magazine clippings, printed photos, doodles, or words to represent the things you are most thankful for this month.

## Something I'm Proud of

## Tomorrow I Look Forward to

## Mindfulness Exercise:

Spend 5 minutes practicing gratitude visualization. Close your eyes and visualize all the people, experiences, and things you've been grateful for this month. Imagine each one filling your heart with warmth and joy.





# GRATITUDE *journal*

## Weekly Gratitude Tracker for Week 5

**As you complete the last week of this 30-day gratitude journey, continue to reflect on the moments that brought you joy, peace, or growth. Write down one thing each day that made you smile, inspired you, or filled your heart with gratitude.**

DayGratitude/Win

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Sunday

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# GRATITUDE *journal*

## Weekly Gratitude Tracker- Week 5

### Title: Weekly Reflection

#### Instructions:

Take some time to look back on the past week. Reflect on the moments that stood out—whether they brought joy, taught you something, or presented a challenge. Use the prompts below to guide your thoughts, and write freely in the space provided.

#### Reflection Prompts:

- What was the best moment of your week, and why?
- Did you face any challenges? How did you overcome them?
- What surprised you most about this week?
- Which moment filled your heart with joy?
- What is one thing you learned or appreciated this week?

Remember, no matter how your week unfolds, there's always something to be thankful for. Keep finding the beauty in the little things!

— Henry Ward Beecher



# GRATITUDE

## journal





# GRATITUDE

## journal





# GRATITUDE *journal*

## Gratitude in Action Exercise

Title: Gratitude in Action

Instructions:

This week's exercise is about consolidating everything you've learned into one final, impactful action.

### Week 5: Gratitude Letter to Yourself

- Write a heartfelt letter to yourself, expressing gratitude for the person you are today and for the journey you've taken in practicing gratitude.
- Acknowledge your growth, resilience, and any changes you've noticed in yourself.
- Keep the letter in a special place where you can revisit it when you need a reminder of your gratitude journey.

Reflection Questions:

1. How did it feel to write a letter to yourself filled with gratitude?
2. What did you discover about yourself while reflecting on your growth and journey?
3. How can you continue this practice of self-gratitude in the future?



# GRATITUDE

## journal



# Gratitude

U Q F W E T P U G C B E P O H X E N S B Q S L M  
 G Y A E C C A U E V R B S U Y E V J Y L A Q D V  
 F R M G N E C A E P T E K S D W I P T U A H J I  
 S B I A A M E F I L K Q A B L G G H I F D N P F  
 S G L R D J X O I M A O W T D W N U N K Q K T J  
 E S Y U N X F P I P Q I X I E I Q Z U N W U A E  
 N A Y O U W A C K N O W L E D G E T M A U A L S  
 I V D C B E T H O U G H T F U L T A M H O N M O  
 P A G N A Z W G V P O H O A S I G U O T W V C P  
 P G P E S E E K H R B E C A R G S R C Z W Y H R  
 A R J S E T P J M W U K B L E S S E D Q X X A U  
 H A N I U H S S E N D N I K Z S G D D D P L N P  
 W T A A A L T L U F E T A R G P E Z G G A I G K  
 R E Z R M L O U S H O G W T V E V I V U O C E G  
 E F P P A Q T H R K W N E G A C E I G Z G C F Z  
 S U X H Z R F T Y T F I D Y X I I H S H D D H T  
 P L N V I C A W I K I V U T E A L G Q F E E J V  
 E N A B N G A O R U P O T L W L E J G T A N K E  
 C E T D G B B R N E I L I A V O B D I L W O N C  
 T S G V Z F D G I O A G T Y R T X C T H O N O R  
 Z S J O U R N E Y N F G A O E E X H P P O H O C  
 H X Q H F J C R O I G S R L E E W Z A F U O V K  
 S A Z C F G N I L A E H G N E C N A D I U G E D  
 D C H Q F K H O N E S T Y T G W X Y M N N T W P

Gratefulness  
 Happiness  
 Blessed  
 Respect  
 Health  
 Truth

Acknowledge  
 Grateful  
 Excited  
 Special  
 Loving  
 Give

Thoughtful  
 Guidance  
 Healing  
 Caring  
 Praise  
 Hope

Abundance  
 Kindness  
 Honesty  
 Change  
 Grace  
 Life

Community  
 Thankful  
 Journey  
 Create  
 Honor  
 Seek

Encourage  
 Amazing  
 Loyalty  
 Family  
 Laugh  
 Now

Gratitude  
 Believe  
 Purpose  
 Growth  
 Peace

