



30-day

GRATITUDE JOURNAL



Gratitude? So much is going wrong. How can I be grateful when I've lost so much? How do I do this?

I found these words in these words scribbled in my personal journal at the end of 2019. My life was in crisis, and I could not see a way out. Lost, scared, and very confused, I headed to Google to figure out what to do. I saw blog post after blog post about choosing gratitude instead of constantly ruminating about what I had lost. I didn't understand. **How could I be grateful when I had nothing left?** Well, you'd be surprised. I incorporated one journal prompt a day into my life, and counted my blessings.

In this journal, you will have each prompt that I came up with to survive in my time of need. Switch your thoughts to focus on what you have, rather than what you might have lost. Plant seeds of gratitude in your mind, water, and grow them until you blossom with a new sense of happiness and self-worth. It's worth a try!

-Iris



I am grateful for...

DAY 1

What does gratitude mean to you?

How do you think that gratitude can help change your outlook on life?

Check back on this answer on Day 30 to see if your perspective has changed.

A large, empty rectangular box with a light orange background, intended for the user's reflection on Day 1.

DAY 2

for my ability to...

A large, empty rectangular box with a light orange background, intended for the user's reflection on Day 2.



—— “ ——

Silent gratitude isn't of
much use to anyone

—— ” ——

GERTRUDE STEIN

WRITER





I am grateful for...

D A Y 3

for the people that add value to my life, including...

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D A Y 4

this aspect of nature brings me joy, because...

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—— “ ——

Interrupt anxiety
with gratitude.

—— ” ——





I am grateful for...

D A Y 5

this creation of modern man's...

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D A Y 6

my favorite book...

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—— “ ——

Remembering the people
and things that bring me
joy help me feel blessed.

—— ” ——

AFFIRMATION





I am grateful for...

DAY 7

the best advice I had ever gotten...

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DAY 8

this aspect of my personality

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—— “ ——

Tension is who you think
you should be.

Relaxation is who you are.

—— ” ——

CHINESE

PROVERB





I am grateful for...

DAY 9

my most valuable life lesson so far...

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DAY 10

what motivated me to get through today...

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—— “ ——

The more thankful I became,
the more my bounty increased.

—— ” ——

OPRAH WINFREY

PHILANTROPIST





I am grateful for...

DAY 11

what my favorite hero represents to me...

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DAY 12

what my favorite quote means to me...

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—— “ ——

When we focus on the good,
the good increases.

—— ” ——





I am grateful for...

DAY 13

an unexpected opportunity...

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DAY 14

my favorite song...

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—— “ ——

Gratitude is the
heart's memory.

—— ” ——

FRENCH

PROVERB





I am grateful for...

DAY 15

being forgiven for....



DAY 16

a gift that had been given to me...





I am grateful for...

DAY 17

my favorite self-care activity...

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DAY 18

the fear that I overcame...

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—— “ ——

I already have all of
the tools I need inside me.

—— ” ——

AFFIRMATION





I am grateful for...

DAY 19

the small win I had this week...

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DAY 20

the second chance that I needed...

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—— “ ——

What separates privilege from
entitlement is gratitude.

—— ” ——

BRENÉ BROWN

AUTHOR





I am grateful for...

DAY 21

the time I trusted my gut...



DAY 22

the time I took a chance





—— “ ——

Grateful for small things,
big things, and all
things in between.

—— ” ——





I am grateful for...

DAY 23

the time i walked away from a bad situation...

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DAY 24

a teacher that had an impact on me...

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—— “ ——

I start each
day with gratitude.

—— ” ——

AFFIRMATION





I am grateful for...

DAY 25

a bad experience that taught me a good lesson...

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DAY 26

a random act of kindness that happened to me...

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—— “ ——

When eating the fruit,
remember the one that
planted the tree.

—— ” ——

VIATNEMESE

PROVERB





I am grateful for...

DAY 27

a compliment I received...

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DAY 28

a relationship that i walked away from...

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—— “ ——

It is not joy that makes us grateful.

It is the gratitude that
makes us joyful.

—— ” ——





I am grateful for...

DAY 29

my favorite comedian...

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DAY 30

look at day 1 and compare how you feel now.

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I never realized how much I have to be thankful for each day. I can work toward improving myself with a better outlook. I'm glad I did this.

I also found these words in these words scribbled in my personal journal at the beginning of 2020. My life was still in crisis, but I felt less powerless, and less like my crisis was the end of the world.

My goal for this journal was to help you feel more confident and ready to face your challenges armed with the blessings that you already have.

The seeds of growth have been planted. All there is left to do is to continue watering and nurturing your life. You can handle what life has to throw at you. You have the power, the strength, and the courage to see each day through, from sunrise to sunset.

-Iris