



Gratitude Journal

Practicing gratitude shapes our perspective and transforms ordinary moments into extraordinary blessings. Take a moment every day to appreciate the beauty in your life. Start by quieting your mind with three deep breaths, write three things you are grateful for and reflect on the "food for thought" prompt by writing a note to yourself.

Date	Three Things I'm Grateful For	Food For Thought	Note to Self
SUN	1. 2. 3.	I'm where I should be. I am enough!	
MON	1. 2. 3.	Some paths are created as we go.	
TUE	1. 2. 3.	Even when the skies are gray, my colours will still shine.	
WED	1. 2. 3.	My life is as good as my mindset.	
THUR	1. 2. 3.	I honour my space by setting healthy boundaries.	
FRI	1. 2. 3.	I cultivate my growth by embracing new challenges.	
SAT	1. 2. 3.	I know only one thing: "I am getting there."	

