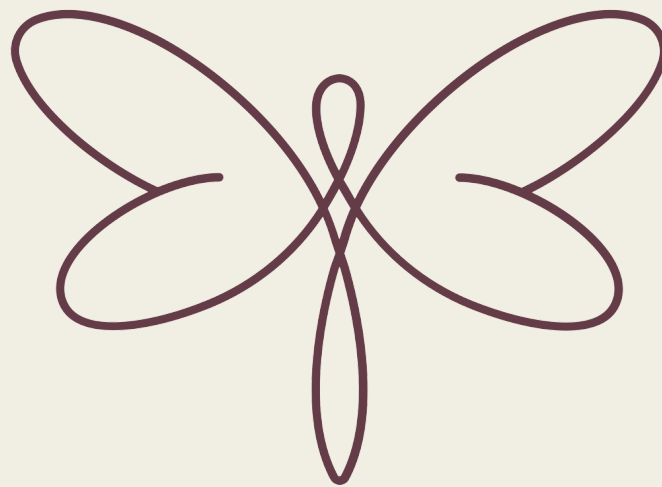


GRATITUDE

JOURNAL



MOMTEMPLATIVE

Contemplation To Transformation

DAILY REVIEW

Date: _____

3 GOOD THINGS THAT HAPPENED TODAY:

WHAT I LEARNED:

WHAT I LEARNED:

-
-
-
-
-

WHAT I LOOK FORWARD TO THE MOST TOMORROW:



DAILY SUMMARY

Summary of the day:

What went well today?

How did I work on my happiness and fulfillment today?

How can I focus my energy better tomorrow?



HAPPY LIST

THINGS THAT BRING ME JOY

Blank rectangular box for writing.

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Blank rectangular box for writing.



GRATITUDE JAR

Fill this Gratitude Jar with notes of all the things you are grateful for. . You will have a jar full of reasons to be thankful for.



GRATITUDE MEDITATION

VISUALIZE THINGS THAT YOU ARE GRATEFUL FOR

TIME:

LENGTH:

LOCATION:

HOW I FELT BEFORE:

HOW I FELT AFTER:

THOUGHTS AND DISTRACTIONS THAT CAME UP:



MY BUCKET LIST

LIFE GOALS THAT I LOOK FORWARD TO:



SELF-CARE GOALS

MIND GOALS :

BODY GOALS :

OTHER GOALS :



WEEKLY PLANNER

Date: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes



WEEKLY JOURNAL

Week of: _____

M
T
W
T
F
S
S

This week Affirmations:

Highlights of the week:

Notes:



MONTHLY REVIEW

MONTH _____

MONTHLY HIGHLIGHTS:

--	--	--	--

ACHIEVEMENTS:

SCOPE FOR IMPROVEMENT:



SELF REFLECTION

WHAT ARE MY GOALS IN LIFE :

WHAT DO I LOVE ABOUT MYSELF ?

WHAT ARE MY VALUES FOR?

WHERE DO I FEEL THE SAFEST?



GRATITUDE BANK

HEALTH

-
-
-
-
-

WORK & CAREER

-
-
-
-
-

FINANCES

-
-
-
-
-

FRIENDS

-
-
-
-
-

LOVE

-
-
-
-
-

FAMILY

-
-
-
-
-



GRATITUDE JOURNAL PROMPTS

1. What are the three things you love about yourself?

2. Who can you count on whenever you need someone to talk to? Why?



GRATITUDE JOURNAL PROMPTS

3. Who makes you feel loved and why?

4. What is something that you bought recently that you're grateful for?



GRATITUDE JOURNAL PROMPTS

5. Write about a time someone helped you through a difficult situation.

6. What is that one opportunity and challenge in your life that you are grateful for?



GRATITUDE TRACKER

PEOPLE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PLACES

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

THINGS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

EXPERIENCES

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



VISION BOARD

WEALTH GOAL

HEALTH GOAL

LOVE

FAMILY

CAREER

SPIRITUALITY



SELF-REFLECTION PLANNER

Month: _____

Year: _____

MY TOP PRIORITIES:

GOALS FOR MY MIND:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

GOALS FOR MY BODY:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

REMINDER

MY NOTES



SELF-CARE DAILY JOURNAL

DATE:

S M T W T F S

I love myself today because:

Today I forgive myself for:

Empowering Affirmation:

This week for self-care I will:



SELF-CARE DAILY JOURNAL

DATE:

S M T W T F S

I will challenge myself to:

I will dedicate time to the hobby of:

Reflection:

Notes:



SELF CARE JOURNEY

Month: _____

Year: _____

ACTS OF SELF-CARE:

_____	_____
_____	_____
_____	_____

AFFIRMATIONS:

-
-
-
-
-

TODAY'S MOOD:



INSPIRATION:



SELF-CARE INTENTION

PHYSICAL SELF-CARE

EMOTIONAL SELF-CARE

SPIRITUAL SELF-CARE

INTELLECTUAL SELF-CARE



SELF-CARE INTENTION

SOCIAL SELF-CARE

ENVIRONMENTAL SELF-CARE

NOTES



SELF-REFLECTION QUESTIONS

What are my Goals in life?

What are my Strengths in life?

What do I love about myself?

What I am worried about?

What I am thankful for?

What are my priorities in life?

Who do you look up the most and why?

Who do you look up the most and why?

Pick up any photo and write about why you're grateful for that memory?

Write about something you have today but didn't have a year ago.



