

30 day gratitude journal

KINDNESS NEVER UNDERMINES YOUR
STRENGTH.



Hispana
global

Gratitude is a state of mind.

Name 2 people you are grateful for and why.

What is a risk you are grateful you took?

What is a compliment that you have gotten that means the most to you?

What is a meaningful quote that makes you feel good?



*Abundance
grows from a
seed of
gratitude.*



DESCRIBE YOUR BEST DAY.

WHEN WAS A TIME YOU FELT THE MOST BEAUTIFUL?

WHAT MAKES YOU FEEL SPECIAL & AMAZING?



Expect Nothing, Appreciate Everything.



WHAT WAS THE BEST THING THAT HAPPENED TO YOU TODAY?

DESCRIBE A TIME YOU FELT PURE JOY?

WHAT CAN YOU DO FOR OTHERS TODAY, TOMORROW, AND THIS WEEK TO SHARE LOVE, KINDNESS AND GRATITUDE?

WHAT DO YOU DESIRE MOST IN LIFE?



Gratitude unlocks the fullness of life.

Name 4 accomplishments you are proud of.



What do you appreciate about where you live? Don't just think about your home, but also about your neighborhood and town!

*When things change inside you, things
change around you.*

x x

What are 2 small, everyday things that you are grateful for?



x x

Name 3 things that have happened to you, positive or negative, that have strengthened your character.



What did you accomplish today?



**TRUST THE WAIT.
EMBRACE THE UNCERTAINTY.**



enjoy the beauty of becoming.

Find a photo in your phone that you love. What about it sparks so much joy?

What is a passion of yours? How do you want to use your passion in the future?

happiness blooms from within.



WHAT WOULD YOUR PERFECT MORNING ROUTINE BE? HOW CAN YOU START?

THINK OF A RELATIONSHIP IN YOUR LIFE. HOW ARE YOU GRATEFUL FOR THEM? SHARE WITH THEM TODAY YOUR REASONS!

