

Gratitude and Affirmation Journal



14 days of Gratitude and Affirming

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Table of Contents

2

INTRODUCTION

A guide to using this gratitude journal to live a happy and prosperous life through life's many challenges.

4

WEEK 1: AFFIRMATIONS/GRATITUDE

This worksheet is for brainstorming affirmations you intend to incorporate into your life this week.

5

WEEK 1: DAILY GRATITUDE

This worksheet is for working through daily challenges and being thankful for big and little wins.

12

WEEK 2: AFFIRMATIONS/GRATITUDE

This worksheet is for brainstorming affirmations you intend to incorporate into your life this week.

13

WEEK 2: DAILY GRATITUDE

This worksheet is for working through daily challenges and being thankful for big and little wins.

19

END NOTES

This section is a collection of powerful affirmations to inspire your focus for these two weeks.

Introduction



WHY GRATITUDE?

If there was one gift I could give to you, It would be the energy that comes with a grateful heart.

However, that is something you have to create within your own body, spirit, and soul. Good news is it is a free, renewable resource that is always available to you. Commit to at least two weeks of consistent gratituding and affirming paired with a short, 10-15 minute yoga practice to start your morning and see what happens in your life.

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Let us know how this Journal worked for you!

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How to Use

To get the most out of this gratitude journal, follow these helpful tips.

- Fill out your **Weekly Gratitude Affirmations** sheet at the beginning of the week, preferably on Sunday night. Read the affirmations provided on the last sheet of this journal and choose seven you want to plant in your life this coming week. You may even pick one affirmation to focus on for that whole week. Heck, make up your own affirmations! It's your journal, do what feels right for you.
- Commit to carve out a quiet moment every morning to fill in the **Daily Gratitude sheet** to set the vibe of your day. If you forget, or the morning slips away, just do it any time you find a quiet, contemplative moment when distractions are minimal. If you have a morning yoga routine, set this journal by your mat and do it right after your practice.
- Notice the line inviting you to write what you are looking forward to today. If nothing particular comes to mind, create something, anything! Ideas: A hot cup of tea, a call to a friend, a walk with the dog, or a 10 minute yoga practice. This is your life. You get to create it!
- Try to choose big and little things to be thankful for. Sometimes noticing the tiniest things makes the biggest impact.
- Be nice to yourself as you fill out your challenges and improvements. Be honest with yourself, but don't beat yourself up.



Gratitude can help you see your life and the world in a more positive light, and empower you to press through some of life's most difficult challenges.

Weekly Affirmations/Gratitude

Week: _____

Affirmations (Mon) _____

Affirmations (Tue) _____

Affirmations (Wed) _____

Affirmations (Thu) _____

Affirmations (Fri) _____

Affirmations (Sat) _____

Affirmations (Sun) _____

This week I'm grateful for: _____

Daily Gratitude

Day: _____

Today I'm thankful for: _____

Daily affirmations: _____

Things that bring me joy: _____

Today I'm looking forward to: _____

My challenges: _____

Things I'll do better today: _____

Daily Gratitude

Day: _____

Today I'm thankful for: _____

Daily affirmations: _____

Things that bring me joy: _____

Today I'm looking forward to: _____

My challenges: _____

Things I'll do better today: _____

Daily Gratitude

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Today I'm thankful for: _____

Daily affirmations: _____

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Things I'll do better today: _____

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Week: _____

Affirmations (Mon) _____

Affirmations (Tue) _____

Affirmations (Wed) _____

Affirmations (Thu) _____

Affirmations (Fri) _____

Affirmations (Sat) _____

Affirmations (Sun) _____

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Daily Gratitude

Day: _____

Today I'm thankful for: _____

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Things that bring me joy: _____

Today I'm looking forward to: _____

My challenges: _____

Things I'll do better today: _____

Daily Gratitude

Day: _____

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Daily Gratitude

Day: _____

Today I'm thankful for: _____

Daily affirmations: _____

Things that bring me joy: _____

Today I'm looking forward to: _____

My challenges: _____

Things I'll do better today: _____

Affirmations

- I AM SAFE.
- I APPRECIATE MY BODY.
- I BELONG.
- I TRUST IN THE PROCESS OF LIFE.
- I RELEASE FEARS AND EMBRACE STRENGTH.
- MY EMOTIONS ARE FREE FLOWING WITH BALANCE.
- IT IS MY BIRTHRIGHT TO ENJOY LIFE, REGARDLESS OF MY CIRCUMSTANCES.
- I LET GO OF PAST FEELINGS THAT NO LONGER SERVE ME.
- CHANGE IS A PART OF MY LIFE.
- I EMBRACE CHANGE.
- I AM STRONG, POWERFUL, AND CONFIDENT.
- I AM ALIGNED WITH MY PURPOSE.
- I AM ENOUGH, JUST AS I AM.
- I WHOLEHEARTEDLY BELIEVE IN MYSELF.
- I CONFIDENTLY WELCOME NEW EXPERIENCES.
- I CAN ACHIEVE ANYTHING I SET MY MIND TO.
- I KNOW MY VALUE AND WILL NOT LESSEN OR SHRINK MYSELF FOR ANYTHING OR ANYONE.
- I AM FEARLESS IN THE PURSUIT OF WHAT SETS MY SOUL ON FIRE.
- I AM WORTHY OF RESPECT FROM MYSELF AND OTHERS.
- I AM MOTIVATED, PERSISTENT, AND SUCCESSFUL
- I AM LOVED, LOVING, AND LOVABLE.
- I AM PATIENT, PEACEFUL, AND CALM.
- I CHOOSE TO BE KIND TO MYSELF AND LOVE MYSELF UNCONDITIONALLY.
- I FULLY LOVE AND EMBRACE WHO I AM, EVEN AS I CONTINUE TO GROW.
- I CHOOSE CONNECTION OVER DIVISION.
- I CHOOSE COMPASSION OVER JUDGMENT.
- I AM ALWAYS DESERVING OF LOVE.
- I ALLOW MYSELF TO ACCEPT AND RECEIVE LOVE FROM MYSELF AND OTHERS.
- I SHOW COMPASSION FOR MYSELF ALWAYS.
- I HONOR MY HEART. I HONOR MY LOVING ENERGY. I HONOR WHO I AM.
- I CULTIVATE DEEP COURAGE AND COMPASSION WITHIN MY BODY, MIND, AND SPIRIT.
- LOVE AND COMPASSION ARE MY SUPERPOWERS, AND THEY WILL CARRY ME AS FAR AS I WANT TO GO.
- I AM DEEPLY COMPASSIONATE AND ALLOW MYSELF THE GRACE OF IMPERFECTION.

Affirmations

- I LOVINGLY NURTURE MY MIND, BODY, AND SPIRIT.
- I AM AT PEACE WITH MY PAST; I AM IN LOVE WITH MY PRESENT.
- I AM AT PEACE WITH ALL THAT HAS HAPPENED, IS HAPPENING, AND WILL HAPPEN.
- I AM A LOVING AND POWERFUL FORCE IN THE WORLD.
- I AM AN ESSENTIAL VOICE IN THE WORLD, AND MY VOICE IS HEARD.
- I CLEARLY INTEND TO EXPRESS MYSELF.
- CREATIVITY FLOWS IN AND THROUGH ME
- I KNOW WHEN IT IS TIME TO LET PEOPLE SPEAK THEIR TRUTH AND LISTEN TO THEM.
- I AM SAFE AND TRUST OTHERS TO ALLOW ME TO EXPRESS MYSELF TRUTHFULLY.
- EVERY TIME I SPEAK, I AM EXPRESSING LOVE.
- I COMMUNICATE HONESTLY IN AN OPEN AND CLEAR WAY.
- I FIND IT EASY TO COMMUNICATE HOW I FEEL.
- ART AND COMMUNICATION, SPOKEN OR WRITTEN, ARE THE WAYS I EXPRESS MY CREATIVITY.
- I GO THROUGH CHALLENGES THROWN AT ME WITH RESOLVE AND STRONG WILL.
- BEING CREATIVE NOURISHES MY SOUL AND SPIRIT.
- I LIVE MY LIFE WITH INTEGRITY AND AUTHENTICITY.
- I ALWAYS SHARE MY EXPERIENCES SO I CAN SHARE MY WISDOM.
- I AM GRATEFUL FOR LIFE AND CONSTANTLY EXPRESS IT.
- I FREE MYSELF BY BECOMING MORE HONEST.
- I ALONE AM ACCOUNTABLE FOR EXPRESSING MYSELF CLEARLY.
- I'M NOT AFRAID TO SPEAK MY MIND.
- MY INTENT IS ALWAYS CLEAR AND NOBLE WHEN I SPEAK.
- MY VOICE IS CLEAR AND POWERFUL.
- I FEEL COMPASSION TOWARD OTHERS.
- I DON'T ENGAGE IN GOSSIP OR CRITICISM.
- I HAVE ACCESS TO MY HIGHER SELF FOR GUIDANCE AND SUPPORT.
- I DON'T INTERRUPT OTHERS WHILE THEY SPEAK.
- WHAT I DO, I DO IT WITH FULL CONVICTION AND DEDICATION.
- I AM HONEST AND AUTHENTIC IN MY SPEECH AND ACTIONS.
- I AM CONFIDENT IN EXPRESSING MY THOUGHTS AND IDEAS.
- THERE'S GREAT CLARITY IN MY COMMUNICATIONS.
- I AM IMPROVING MY RELATIONSHIPS.
- I AM CALM AT WORK.

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