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GRATITUDE CHECK-IN

Journal Guide

Inspired by Episode 11 of The Limitless Tribe Podcast

This guide helps you look back, see your growth, and appreciate the progress you often forget to notice.

Use these prompts to remember what you've built, what you've survived, and the good that's already here.

The Limitless Tribe
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01. What I'm Grateful For

Write a simple gratitude list. Anything that feels good, comforting, or steady. Big or small — it all matters.

02. What I Once Wished For

Write the things you have now that you used to dream about. The goals, comforts, or wins that once felt far away.

03. Where I Was vs Where I Am

5 Years Ago

Mentally: _____

Emotionally: _____

Financially: _____

Spiritually: _____

3 Years Ago

Mentally: _____

Emotionally: _____

Financially: _____

Spiritually: _____

Today

Mentally: _____

Emotionally: _____

Financially: _____

Spiritually: _____

04. Reflection: I Climbed By...

What changed:

What I overcame:

What I built:

05. Track the Good

Start noting the good moments as they happen.

Simple things count:

- A great cup of coffee
- A calm morning
- A job well done
- A kind message

This list grows over time.

06. End Your Day With a Win

Before you sleep, write what you did well today. Your effort. Your progress. Your wins.



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 **Remember!**

You've grown more than you realize.
You've become someone your past self needed.
Let gratitude show you the proof.

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