



REFLECTION

JOURNAL

The Gift of Gratitude:

Finding Joy in

Ordinary Moments

Prompts to help embrace fear, live
authentically, and move forward.

A NOTE FROM DR. KATINA



Welcome!

Welcome to your Gift of Gratitude Journal entry. I'm so glad you're here. As you put pen to paper, remember: this space is your invitation to pause, breathe, and honor the now. Let these pages hold your gratitude, your questions, and the quiet wisdom that surfaces when you slow down long enough to listen. Write freely, feel deeply, and keep each entry as proof that you showed up for your own life—fully awake, fully present, and filled with intention.

With Love,

Dr. Katina

The Humbling Gift

Think about one aspect of your life you often take for granted. Your health, your mind, your opportunities, your relationships.

How would your daily perspective shift if you began each morning by thanking God specifically for that gift?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Comparison vs. Compassion

Write about a recent moment when you caught yourself comparing your life to someone else's.

What might that comparison be revealing about your own insecurities or desires?

How could gratitude transform that moment into compassion both for yourself and for the other person?

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Joy in the Ordinary

Describe a recent ordinary moment that brought you quiet joy. Something you might have overlooked if you weren't paying attention.

What does that moment reveal about the kind of life you truly want to live?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

How might you honor your body more intentionally, not by changing it, but by thanking it?

[illegible]

Grounded in the Present

Close your eyes and take three slow breaths.

Now write about what you see, hear, and feel right now.

**What does this moment, this breath, this space , teach
you about contentment?**

[illegible]

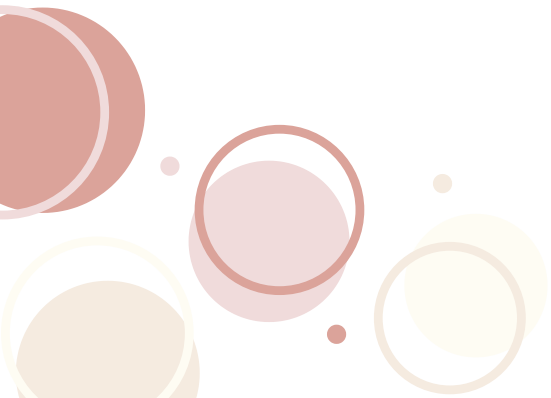


REFLECT & WRITE

CLOSING REFLECTION

Gratitude opens my eyes
to the beauty I overlook.

When I thank God for the simple
things like breath, love, peace, I
realize joy isn't hiding in the big
moments, it's quietly waiting in the
ordinary ones I choose to notice.



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