### **Maternal Matters Favored Gratitude Journal**

#### **Daily Gratitude Practice for a Healthier Mind and Heart**

Use this journal to reflect on the blessings in your life, recognize moments of joy, and cultivate a spirit of thankfulness. Take a few moments each day to complete these prompts to improve your mental well-being and bring more positivity into your life.

#### **Gratitude Journal Prompts**

### **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**1. Today, I am grateful for...***(List three things, big or small, that you feel thankful for today)*

**2. A positive moment I experienced today was...***(Describe a moment that brought you joy, peace, or comfort)*

**3. Someone who brought light to my day...***(Who positively impacted your day? Write a note of thanks or reflect on what they did.)*

**4. One thing I accomplished today that I’m proud of...***(Celebrate a task, goal, or small achievement that made you feel good about yourself)*

**5. How I took care of myself today...***(Write about one thing you did for self-care, no matter how small)*

**6. A challenge I faced today and what it taught me...***(Reflect on a difficulty and any growth or learning it brought)*

**7. Tomorrow, I will practice gratitude by...***(Plan one way you will express or practice gratitude tomorrow)*

Repeat this practice daily to build a habit of gratitude. Revisit past entries on tough days to remind yourself of all the positive things in your life. Remember, even the smallest moments of gratitude can bring light and joy.