

Gratitude Journal

An Attitude of Gratitude

I, _____, pledge to embark on a down-to-earth journey of gratitude, nestled in the embrace of my Sustainably Spiritual roots. Each day, I'll fill this journal with three warm-hearted nuggets of thankfulness. In doing so, I cultivate an ever-blossoming garden of contentment and positivity, nurturing my spirit and enriching my world with the goodness that gratitude brings.

Start Date:
May 1, 2023

Time Commitment:
8:30 AM

Routine Cue:
while enjoying my morning coffee with intention

Monitor those soul-nourishing rituals

- Hushed my thoughts with three deep, unhurried breaths
- Jotted down three things I'm grateful for
- Contemplated the daily prompt and jotted down my thoughts
- Stepping barefoot onto the earth, embracing its energy and grounding my spirit.
- Stretching into a sun salutation, embracing the day with a grateful heart.

Five Soul-Stirring Gratitude Prompts for a Thankful Heart

1. What simple pleasure in your daily life are you most grateful for, and how can you cherish it even more?
2. Reflect on a moment when someone's kindness touched your heart. How did it make you feel, and what can you learn from that experience?
3. Consider the beautiful gifts Mother Earth provides us. Which one fills your heart with gratitude, and why?
4. Think about a challenge you've faced and overcome. How has it shaped you, and what can you be grateful for in that growth?
5. Recall a time when laughter brightened your day. How can you express gratitude for those joyous moments and invite more of them into your life?



Gratitude Log



Day	Three Things I'm Grateful For	Food For Thought	Today's Note to Self
SUN	<ul style="list-style-type: none">•••	In life, it's not about speed but direction.	
MON	<ul style="list-style-type: none">•••	Some paths are created as we go.	
TUE	<ul style="list-style-type: none">•••	Even when the skies are gray, my colors will still shine.	
WED	<ul style="list-style-type: none">•••	My life is as good as my mindset.	
THUR	<ul style="list-style-type: none">•••	I honor my space by setting healthy boundaries.	
FRI	<ul style="list-style-type: none">•••	I cultivate my growth by embracing new challenges.	
SAT	<ul style="list-style-type: none">•••	I know only one thing: "I am getting there."	

The path that lies before me is brimming with Magic and Wonder, just waiting to unfold.