



# Gentle Grounding Gratitude Journal

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Grounding Moment:

Pause and notice your breath. Name one thing you can see, hear, or touch right now.

Example: “Right now, I notice the sound of the birds outside and the feeling of my blanket.”


## Gentle Gratitude:

Write down one small thing you’re grateful for today (a warm drink, a quiet moment, a kind word). If nothing comes to mind, that’s okay—just notice how you feel.

Example: “Today, I’m grateful for my morning coffee.”




**Self-Compassion:**

Name one way you cared for yourself, or wish you could.

Example: "I took a short walk, even though I felt tired."


**Permission:**

If today felt hard, remind yourself: "It's okay to rest and try again tomorrow."

Example: "It's okay that I felt sad today. I'll try again tomorrow."
