



The Gratitude Journal

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A NOTE FROM THE AUTHOR

WELCOME , MY BEAUTIFUL FRIEND

Greetings! You are well on your way to removing all blocks, barriers and things that are no longer serving you. Super excited for you!

Over the course of this gratitude challenge, you will use this calendar to keep you focused and in alignment with your Intention. Each day has a mindful intention for you to use as a framework for setting your mind to during your journaling time. Feel free to be in flow and listen to what your heart needs to reveal to you each morning. Once you've completed the intention for the day, be sure to mark it as completed on your calendar. If you forget, or have a day where you just can't fit it in, that's okay! Simply Be Kind to yourself and pick it up on the next day. This is a self love practice that will yield rich rewards.

Danni Thompson TheYogiDoc
Founder of HerDivineYoga

A large, abstract watercolor splash in shades of purple, blue, green, and yellow, centered on a white background. The splash has a soft, painterly texture with visible brushstrokes and color blending.

Gratitude

is the open door

to *abundance*

Day 1

What brings you the most Joy

INSTRUCTIONS: In this moment describe a person, activity, or thought that sparks Joy.



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Day 2

Enjoy Your Journey

INSTRUCTIONS: In this moment write 3 to 5 reasons you have to be thankful for where you are NOW on this spiritual path.



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Day 4

Visualize Your Dreams

INSTRUCTIONS: In this moment, close your eyes, take a deep breath and visualize your answer on DAY 3. Where are you? Who are you with? What makes this moment so special? BE as specific as possible.



Day 5 Track Your Progress

INSTRUCTIONS: In this moment Thank Yourself.

Write: I am thankful for you "Insert Name"! All you have given and all you have still to give. You are doing a great job.



Day 6

Write About Your Perfect Day

INSTRUCTIONS: In this moment you are allowing yourself to Live in the most perfect day! Have fun and be adventurous. Take a deep breath before you start.



WHEN
Gratitude

BECOMES YOUR
DEFAULT SETTING,

LIFE CHANGES