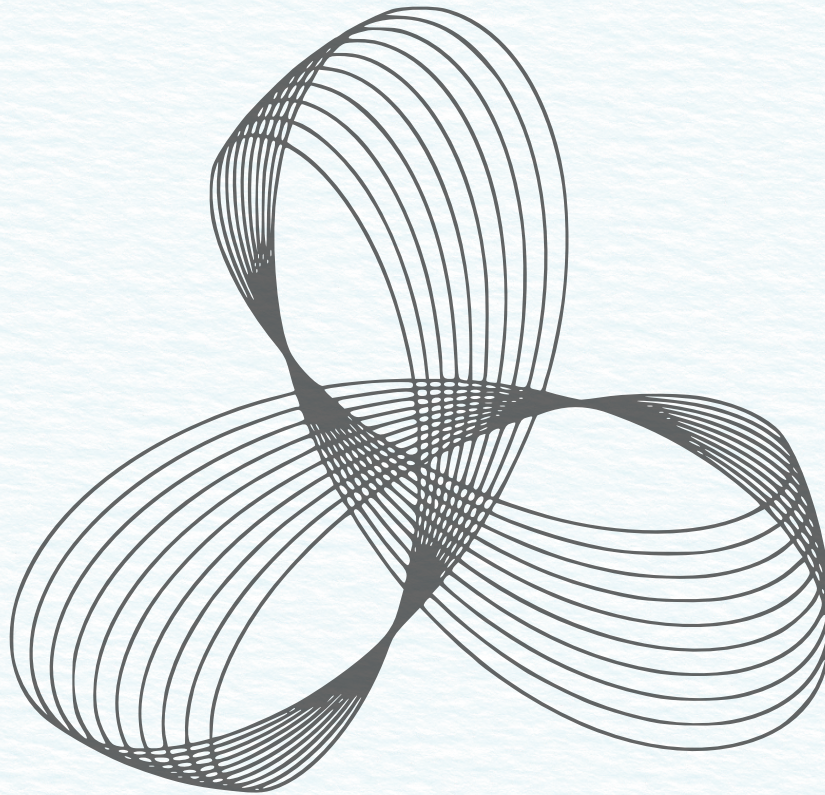


Mind Your Moments™

Gratitude Journal

Small moments. Quiet appreciation. Gentle presence.



mindyourco.com

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How to Use This Journal

Welcome ✨

This gratitude journal is a gentle space to slow down and notice what's supporting you — even on ordinary or difficult days.

You don't need to feel positive all the time to practice gratitude.

Simply notice what's here.

How to Use

- Spend 3–5 minutes a day
- Write freely or briefly
- There's no right way to fill these pages
- Missed days are okay — return when you're ready

Gratitude Check-In

Today's Check-In

Date: _____

Right now, I'm feeling:

One word to describe today:

Something I appreciate about myself today:

Gratitude Check-In

Daily Gratitude

Date: _____

Today, I'm grateful for...

One small moment that brought me calm:

Something I often overlook but appreciate today:

Closing Thought:

Gratitude Check-In

Daily Gratitude

Date: _____

Today, I'm grateful for...

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Closing

A Gentle Reminder

Gratitude doesn't mean ignoring hard things.

It means noticing what's holding you, too.

Return to these pages whenever you need grounding.

Stay Connected ✨

Explore more gentle tools for your journey:

- Mindfulness journals
- Affirmation cards
- Calm starter kits

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