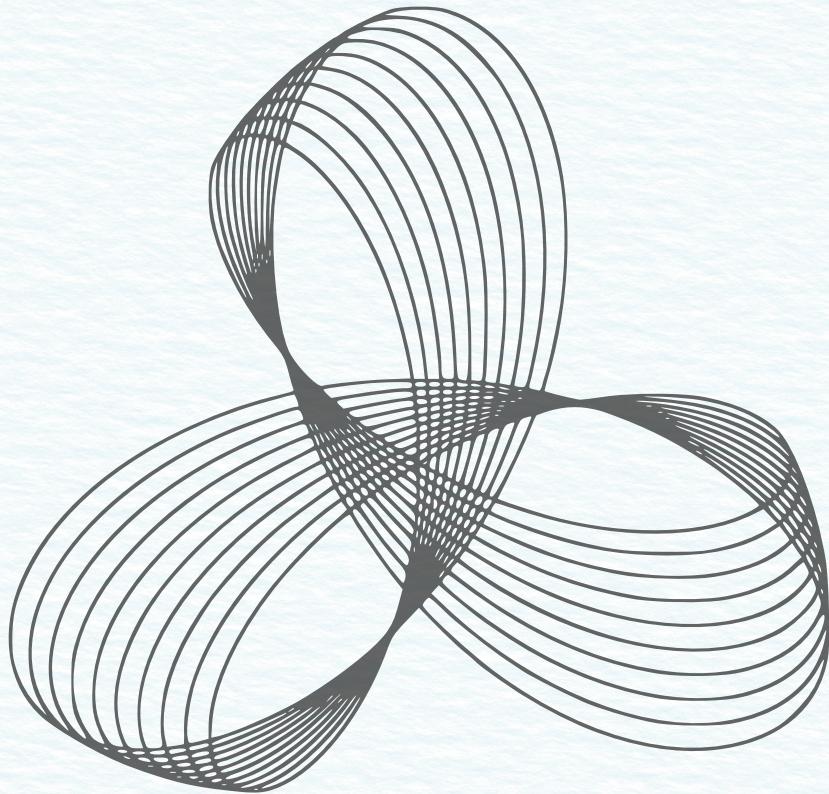


# Mind Your Moments™

## Gratitude Journal

*Small moments. Quiet appreciation. Gentle presence.*



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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:

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One word to describe today:

---

Something I appreciate about myself today:

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# Gratitude Check-In

## Daily Gratitude

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

Today, I'm grateful for...

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---

One small moment that brought me calm:

---

Something I often overlook but appreciate today:

---

Closing Thought:

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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