

Gratitude and Growth Tracker: *Seeing the beauty in what's blooming*

After the darkness, this tracker helps you recognize the quiet victories — the answered prayers, the moments of peace, the strength you didn't realize you had. *Growth often happens in the smallest ways*, and **gratitude is how we honor it**.

Section 1: Daily Gratitude Reflections

Each day, note one thing that brought light into your life. Even small things count — a kind word, a moment of calm, a sunrise that reminded you you're still here.

Date	What I'm Grateful For	Why It Matters

 *Tip:* Don't just list — reflect. Gratitude becomes powerful when it's connected to meaning.

Section 2: Growth Markers

Use this section weekly to notice how your mindset, reactions, or faith have shifted.

This week I noticed...

- I responded with more patience when _____
- I set a boundary when _____
- I felt peace in a place I once felt fear because _____
- I trusted God instead of trying to control _____

 *These small moments are evidence of resurrection — your new life taking root.*

Section 3: Reflection Prompts (End of Month)

At the end of each month, pause and ask:

1. What am I most proud of this month?
2. How have I changed since the beginning of this season?
3. What am I learning to thank God for — even the hard things?
4. What am I believing for next?

How to Use It

- Keep it beside your **New Identity Affirmations** sheet to track your spiritual growth alongside gratitude.
- Review each Sunday — it helps your brain *see progress your heart might forget*.
- Optional: color-code your entries ( green for growth,  yellow for gratitude).