



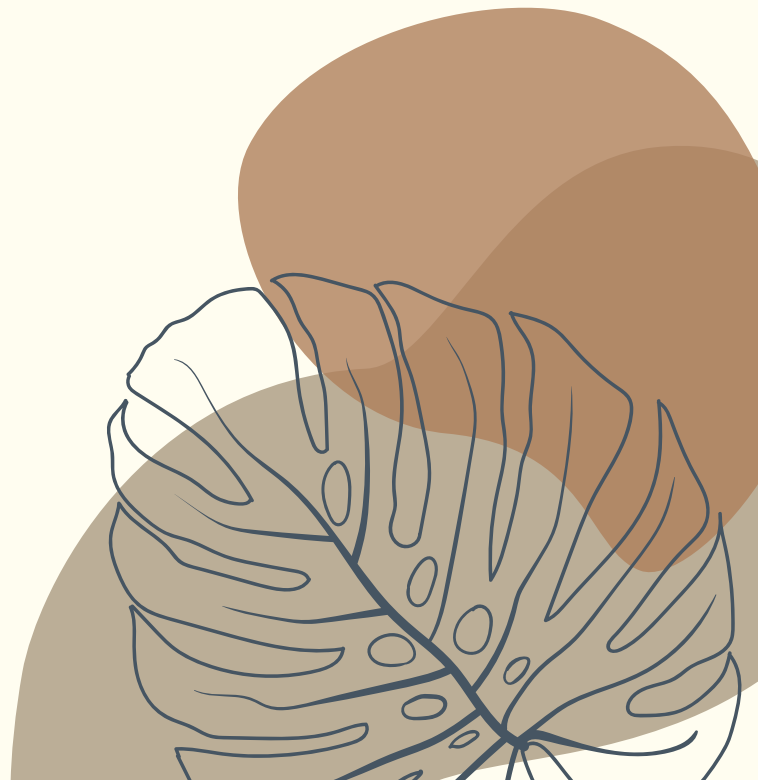
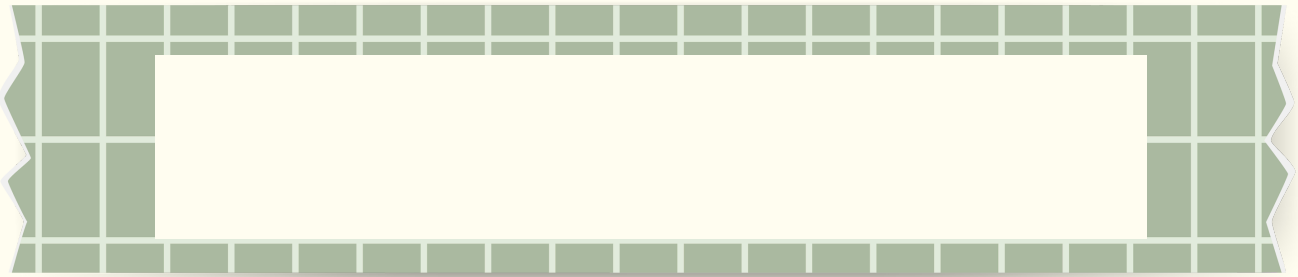
30 Days of Gratitude

A 5 minute journal for busy moms.

written by Andrea M. Yhancy



This journal belongs to:



Introduction

As mothers, we give so much of ourselves daily to others. This month, let's pause and reflect on what we're grateful for. Welcome to YOUR gratitude journey. With just a few moments out of your day, this journal will guide you through moments of gratitude helping you to appreciate the small beautiful things in your busy life.

Week One:
Grateful For The
Everyday

Day One

Grateful for family

Write about one family member you are grateful for today and why.

Day Two

Grateful for small joys

Reflect on something small and joyful
that happened today.

Day Three

Grateful for health

Write one thing about your health and well being that you are grateful for.

Day Four

Grateful for your home

Reflect on something in

your home that brings

you comfort.

Day Five

Grateful for a routine

Think about one routine that
makes life easier as a mom.

Day Six

Grateful for quiet moments

Appreciate a moment of
calm/silence today.

Day Seven

Grateful for a smile

What is something simple that
made you smile today?

Weekly Reflection

Share your gratitude with someone.
Send a thank you message via text thanking
someone or showing the appreciation
you have for them.

Week Two:
Grateful
For
Relationships

Day Eight

Grateful for partnership

Write about one way your significant
other or spouse makes life better.

Day Nine

Grateful for kindness

Reflect on a kind act someone
did for you this week.

Day Ten

Grateful for friendship

Write about a friend who
has supported you recently.

Day Eleven

Grateful for memorable
moments with your kids

Write about a memorable moment
you had recently with your kids.

Day Twelve

Grateful for a village

Reflect/appreciate a time someone
stepped in to help you.

Day Thirteen

Grateful for connection

Reflect on how you connect with your kids.

Day Fourteen

Grateful for a community

Think about how your neighbors,
school or church play a role in your life.

Weekly Reflection

Share your gratitude with someone.

Send a message via text thanking someone or showing the appreciation you have for them.

Week Three:
Grateful
For
Growth

Day Fifteen

Grateful for learning

Write about something you have
learned recently that made you grow.

Day Sixteen

Grateful for mistakes

Reflect on a mistake that
taught you a valuable lesson.

Day Seventeen

Grateful for opportunities

Write about an opportunity
you have had this year.

Day Eighteen

Grateful for change

What is a recent change that
helped improve your life?

Day Nineteen

Grateful for strength

Write about a time when
you showed strength.

Day Twenty

Grateful for patience

Reflect on how you have been patient in a challenging situation.

Day Twenty One
Grateful for persistence
Celebrate a time when
you did not give up.

Weekly Reflection

Share your gratitude with someone.

Send a message via text thanking someone or showing the appreciation you have for them.

Week Four:
Grateful
For
What Is To Come

Day Twenty Two
Grateful for traditions
Write about a family
tradition that you cherish.

Day Twenty Three

Grateful for food

What is your favorite meal and
why does it bring you joy?

Day Twenty Four
Grateful for the world
Appreciate something about the
world around you today.

Day Twenty Five

Grateful for memories

Reflect on a happy memory that still
brings a smile to your face.

Day Twenty Six
Grateful for self care

Think of one thing that you have
done recently to take care of yourself.

Day Twenty Seven

Grateful for the future

What are you looking forward
to in the upcoming year?

Day Twenty Eight

Grateful for new beginnings

Reflect on something new that
has recently started in your life.

Day Twenty Nine

Grateful for challenges

How have challenges helped
shape who you are today?

Day Thirty

Grateful for gratitude

Reflect on how focusing on gratitude
this month has made an impact.

End of the month reflection

Look back through your month of gratitude.

What stands out the most?

How can you continue this gratitude
practice in the future?

Letter of Gratitude...

Thank you so much from the bottom of my heart.

I truly appreciate you for choosing to use my gratitude journal. Your decision to begin your journey of reflection and positive thinking means the world to me.

Whether you are just beginning your gratitude journey or have been practicing for awhile, I hope this journal helps you find joy, peace and moments of clarity in the midst of your busy days.

This journal was created with love and it is my sincere hope that it becomes a vital tool in your self care routine.

Wishing you all the best as you discover the beauty of gratitude.

With Love,

Andrea