



# Gratitude Journal

My intention for this workbook is to serve as a guide for your daily gratitude practice.

The only thing you need to bring with you is your breath.

Begin each day in a quiet space. Focus your attention inward. Ask yourself: "How do I want to show up today? What are my intentions for the day? What do I want the journey to look like today?" Listen. Allow the responses to come.

At the end of the day, again find a quiet space and focus your attention inward. Ask yourself, "How did I see my intentions manifest themselves today?"

When we set intentions, they manifest themselves in various ways throughout the day. We are able to ground ourselves in how we want our journey to look and feel throughout the day.

Feel into the gratitude for your growth.

Some of the feelings and intentions that come up for me daily are serenity, flow, abundance, love, hope, and grace. Others are beauty, spaciousness, open, willing, honest, peace., acceptance, surrender, letting go, and magic.

Allow what is coming up for you to flow.

We may have some of the same responses, and they might be completely different. Some of your responses may surprise you. It's all okay. Your responses may be the same some days and completely different others. More or less responses may show up for you some days. It is all okay.

Breathe deep.

This is your journey.

## Morning Practice:

Place an intention or feeling you desire to feel in each square of the grid.



## Evening Practice:

Offer gratitude for the examples you found throughout the day of your intentions manifesting.

