



Gratitude Journal

Today I'm Feeling



Date:

(M) (T) (W) (T) (F) (S) (S)

Today i am grateful for:

Why are you grateful for it?, What positive impact does it have on your life?, How does it make you feel?

① _____

② _____

③ _____

Positive Affirmations

Acts of Kindness

Today's Reflections

What was great about today?

Lessons I've learnt today

Tomorrow im looking forward to



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Bloom provide's trauma-informed therapy to individuals, couples and families of all ages and stages of life. We also offer supervision, consultation and in-house training packages, and specialise in providing a nurturing and supportive space to explore life's challenges and achieve personal growth.

Gratitude prompts

Morning sunshine, A warm cup of coffee or tea, Freshly made bed, A comfortable chair to sit in, The smell of flowers, A tasty meal, A good hair day, A friendly neighbor, A kind gesture from a stranger, A cozy blanket ,Birds singing outside, A moment of silence, Clean - fresh air, A favorite book or movie, A hot shower, A smiling face, A home-cooked meal, A good night's sleep, Finding a lost item, The sound of rain.

Positive Affirmation examples

"I am deserving of love and happiness, facing challenges as opportunities to grow." "I'm proud of my journey, I radiate confidence, resilience, and an abundance of positivity." "Trusting my decisions, I am open to exciting possibilities, contributing my unique gifts to the world." "I'm In control of my thoughts, I am a beacon of light, at peace with my past, and excited about the future."