

3 MINUTE *Gratitude* **CHALLENGE** **WORKBOOK**

A 30-Day Reset to Rewire
Your Mindset, Elevate Your
Mood, and Become a
Magnet for Positivity

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“Gratitude is the brain and body’s reset button and the soul’s tuning fork.”

– Kristen Butler

Welcome to Your Gratitude Reset

Have you ever felt so stuck that not one single solution felt like it even existed? Like no matter how hard you tried, stress, negativity, and exhaustion just wouldn’t let up? I’ve been there too — at my lowest, when I couldn’t get out of bed for weeks, gratitude was the first thing that began to shift my perspective. I started being grateful for the smallest things: a bed to sleep in, food in the fridge, people who care. And slowly, my thoughts began to shift. Gratitude gave me just enough hope to take one small step forward.

Recently, when Hurricane Helene devastated my town of Asheville, NC, gratitude became my anchor in the deepest way once again. In the middle of destruction, I chose to focus on what was still going right — my family’s safety, the kindness of neighbors, even the stars shining brighter without city lights.

Gratitude didn’t erase the storm, but it gave me resilience to move through it.

This workbook was created to give you the same anchor. In just 3 minutes a day for the next 30 days, you’ll learn how gratitude rewires your brain, regulates your nervous system, and changes your perspective so you can move from stressed to steady, from stuck to unstoppable.

“Gratitude became my anchor in the storm.” – Kristen Butler

The Science Behind Why Gratitude Works

Gratitude isn't magic. It's neuroscience in action.

Dozens of studies in psychology and neuroscience show that gratitude creates measurable changes in the brain and body — in as little as a few minutes a day. By practicing daily, you're not just "feeling good," you're training your brain and body to operate differently.

Neuroplasticity

Your brain is designed to change. Every time you write or visualize gratitude, your brain fires new neural circuits. Over time, these circuits get stronger, just like a muscle. This is called *neuroplasticity* — your brain's ability to rewire itself.

- Practicing gratitude makes positive experiences feel *familiar* and *attainable*.
- The more you repeat, the more your brain expects good things, and starts noticing them automatically.

✨ **Think of your daily practice as "brain training."**

Dopamine & Serotonin

Gratitude naturally boosts the two most powerful mood chemicals:

- **Dopamine** → motivation, reward, and energy.
- **Serotonin** → calm, contentment, and sleep regulation.

Together, they create a "neurochemical reset" that makes you feel uplifted, motivated, and balanced. That's why people often notice better energy and mood within the first week of practicing gratitude.

✨ **Gratitude is the daily supplement your brain needs.**

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

– Melody Beattie



Why Gratitude Works

Broaden-and-Build Theory by Barbara Fredrickson, PhD

Negative emotions narrow your focus (survival mode). Positive emotions, like gratitude, *broaden* your perspective. You literally think more clearly and creatively, and you *build* more resources — emotional, relational, and even physical.

- Gratitude shifts you from tunnel vision to big-picture vision.
- This is why grateful people see solutions and opportunities where others see roadblocks.

Gratitude helps you grow beyond the moment you're in.

Hope Theory (C.R. Snyder, PhD)

Hope isn't just wishful thinking. It's the belief that you have *pathways* forward and the motivation to walk them. Gratitude scripting — writing about the future as if it already happened — activates hope.

- When you imagine future experiences with gratitude, your brain responds as though they're already real.
- This "future gratitude" creates motivation in the present and builds confidence to keep going.

Gratitude makes the future feel possible, even when today feels heavy.

Why Gratitude Works

🧬 Your Nervous System wants Safety

Your nervous system is always scanning: *Am I safe, or am I in danger?*

Gratitude, combined with slow breathing and sensory awareness, sends the message of safety.

- This activates your **parasympathetic nervous system** — your rest-and-digest state.
- Cortisol (the stress hormone) drops. Heart rate slows. Your body moves out of survival mode. Amazing right? Sometimes it's not a mindset that needs to change it's physiological changes that need to happen.

🌟 **You can't feel authentic gratitude if your body is stuck in fight-or-flight.**

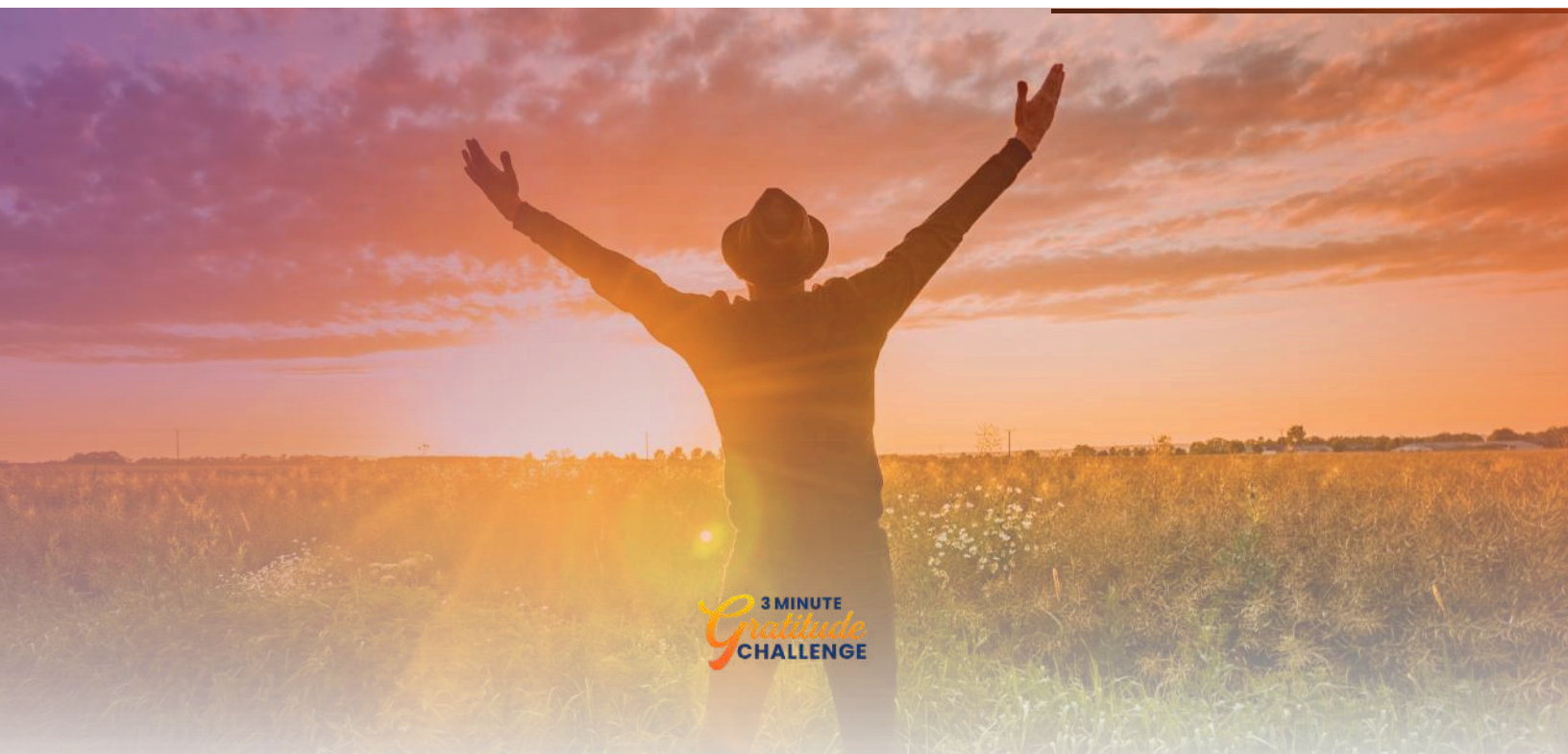
🧬 Savoring by Fred Bryant, PhD

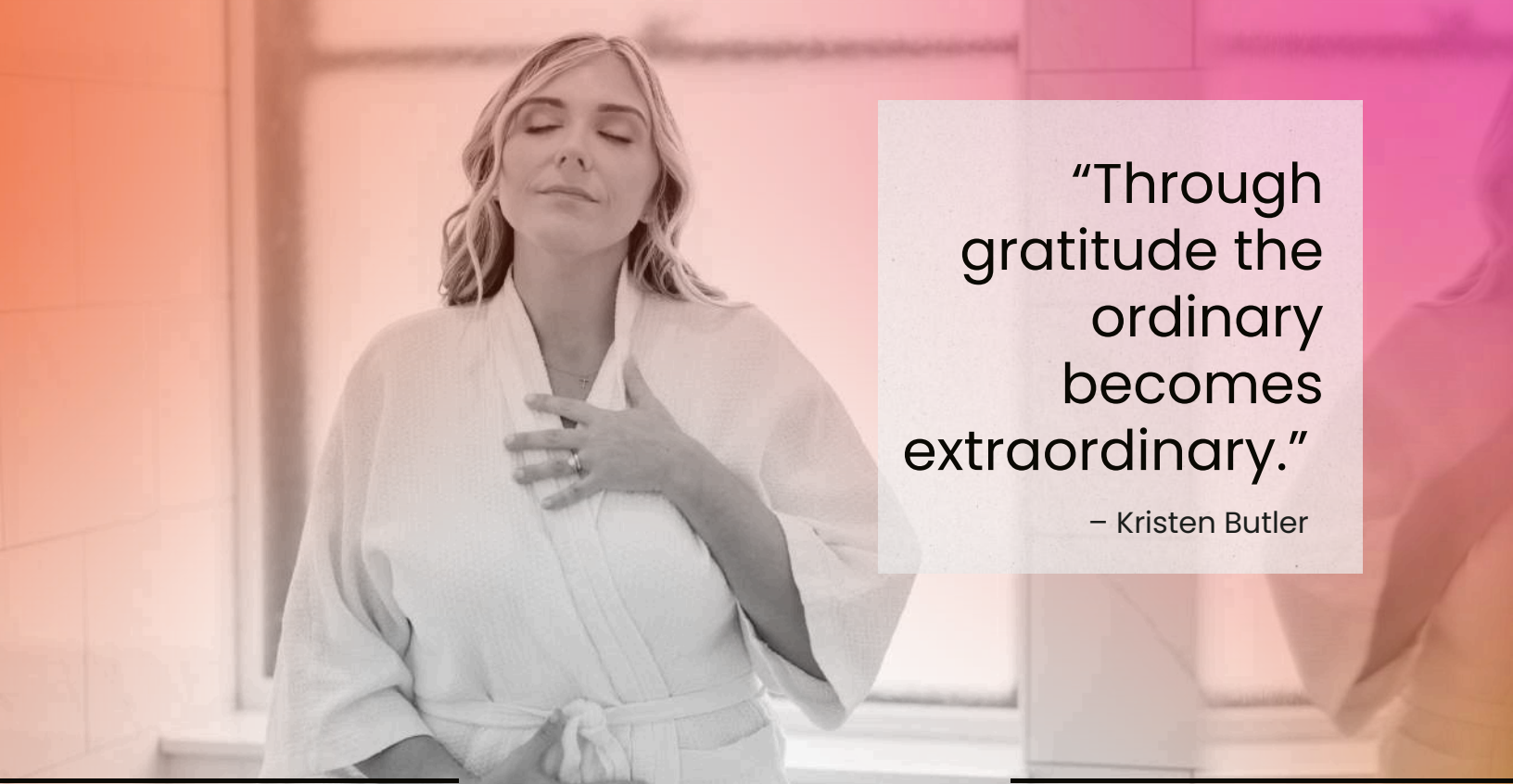
Savoring is the practice of fully immersing yourself in a positive moment. Research shows savoring intensifies joy and locks it into memory.

- Gratitude is what you notice.
- Savoring is what you *feel and store*.

When you pause to notice the color of the sky, the warmth of your tea, or the sound of laughter — you're teaching your brain to hold onto joy longer.

🌟 **Savoring transforms fleeting gratitude into lasting resilience and positivity.**





"Through
gratitude the
ordinary
becomes
extraordinary."

– Kristen Butler

What Success Looks Like

Building any new habit takes time, but science shows that gratitude begins shifting your brain and body almost immediately. From the very first entries in this workbook, your nervous system is receiving new signals of safety, your brain is forming new neural pathways, and your attention filter (the Reticular Activating System, or RAS) is already learning to look for what's good instead of what's wrong. This daily practice is not busywork — it's the foundation of your transformation.

Here's what you can expect if you stay consistent:

✨After a Few Days

Your nervous system begins to calm. Stress feels less overwhelming because gratitude and slow breathing activate your *parasympathetic state* (the body's natural reset button). You may notice more moments of presence — less reactivity, more small sparks of peace.

✨After 2 Weeks

Your brain starts to rewire through *neuroplasticity*. You'll find yourself noticing positives more often, because your Reticular Activating System (RAS) is learning to scan for good. Many people also report better sleep, lighter moods, and fewer stress spirals.

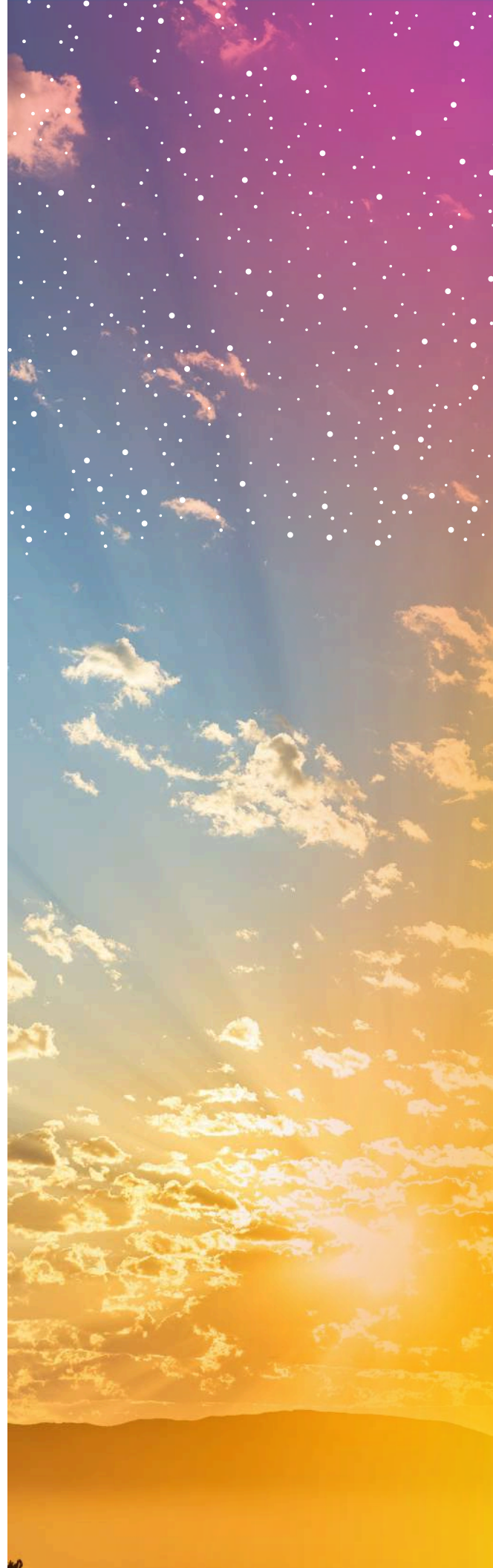
✨After 30 Days

Gratitude becomes a natural habit loop. Instead of forcing yourself to look for the good, your brain does it automatically. Relationships often feel deeper, your self-talk grows kinder, and your identity begins to shift — from someone who *practices gratitude* to someone who *is grateful by default*. By now, gratitude is not just a practice — it's who you are. You automatically scan for good, your self-talk grows kinder, and your nervous system knows how to return to calm. This is the compound effect of showing up for yourself daily.

Remember: Progress over perfection. Gratitude works even if your practice feels messy, inconsistent, or imperfect. Every repetition — no matter how small — is training your brain to choose gratitude more easily the next time.

**“Progress over perfection —
even messy action counts.”**

– Kristen Butler



How to Use This Workbook Daily

PAGE 9


GRATITUDE CHALLENGE



Every part of this workbook has been designed with intention. You're not just filling boxes — you're literally retraining your brain, regulating your nervous system, and reshaping your identity. Here's why each section matters *for you* and what you can expect if you stick with it:

Quote of the Day


A daily quote anchors your mind with wisdom and sets the tone. A single idea can shift your perspective for the entire day. By starting here, you're priming your brain for positivity before distractions hit.

 **Your result:** You'll find yourself repeating these quotes later in the day, using them as mental cues to stay grounded when stress tries to creep in.



3 Things You Are Grateful For

This is the daily reset for your Reticular Activating System (RAS) — the brain filter that decides what you notice. **When you write down gratitude, you tell your brain: This is important, pay attention to it.**

 **Your result:** Over time, your brain automatically scans for positives instead of problems. You'll catch yourself noticing small joys you used to overlook — and those moments will begin to shift your entire mood.

How to Use This Workbook Daily

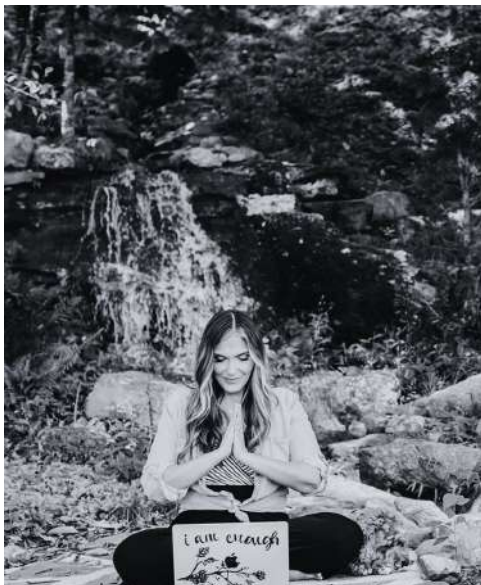
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GRATITUDE CHALLENGE

☀️ **Savoring Practice**

Writing gratitude is powerful, but feeling it is transformational. When you pause to see, hear, breathe, and anchor the moment, you regulate your nervous system and activate your body's natural calm state.

☞ **Your result:** You'll notice more peace in your body — slower heart rate, less tension, and a grounded sense of "I am safe." Gratitude will stop being an idea and start becoming a felt experience.



💛 **Person I'm Grateful For & Why**

Humans are wired for connection. When you reflect on someone and why you're grateful for them, you activate empathy and strengthen your bonds. Research shows gratitude for others boosts happiness, resilience, and even longevity.

☞ **Your result:** Relationships feel warmer, conflicts soften, and you'll experience the joy of feeling more connected — whether you're extroverted or introverted.

“Gratitude connects your past, present, and future into one powerful growth loop.” - Kristen Butler

How to Use This Workbook Daily

🧠 Gratitude Scripting & Reframing (my favorite part!)

This is where past, present, and future connect.

- Scripting: Writing about the future as if it already happened activates Hope Theory we mentioned earlier and rewires your brain to expect good outcomes.
- Reframing: Looking back with gratitude transforms old pain into resilience and post-traumatic growth.

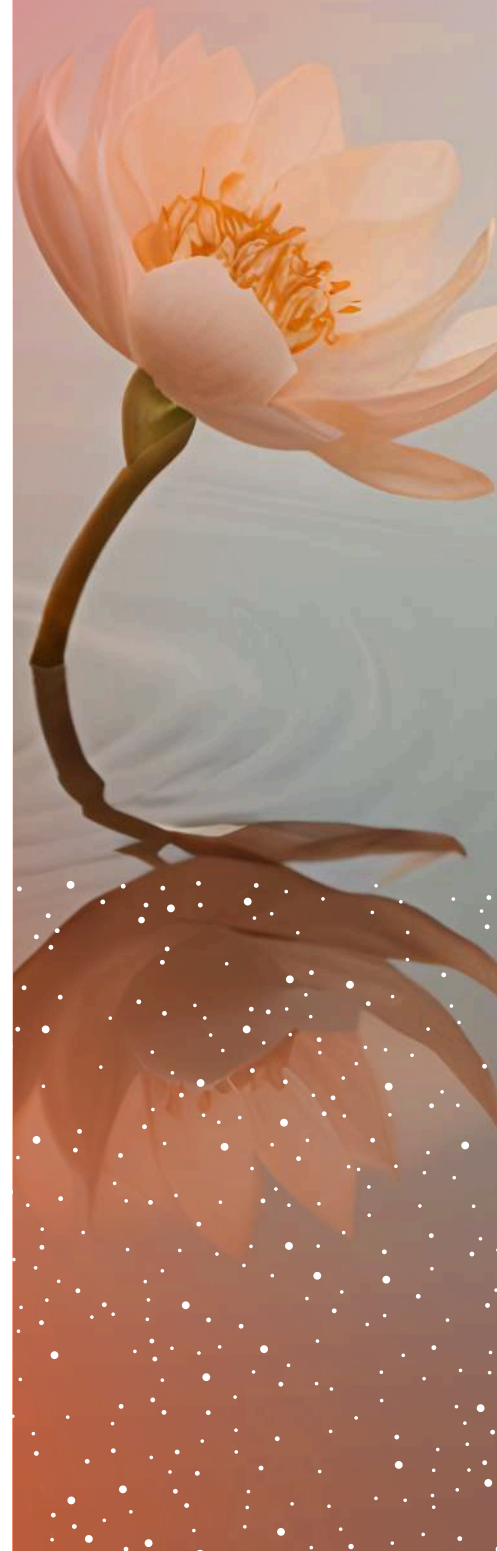
👉 **Your result:** You'll feel lighter about your past, more hopeful about your future, and more empowered in the present moment.

💡 Daily Affirmation / Anchor Line

We're always affirming something with our self-talk. This section helps you replace hidden negative beliefs with intentional, positive ones. Neuroplasticity research shows repetition literally rewires thought patterns.

👉 **Your result:** Over time, your inner voice becomes kinder, stronger, and more aligned with who you want to be. You'll stop tearing yourself down and start speaking as the future version of you.

**“Gratitude isn’t magic.
It’s neuroscience in action.”
-Kristen Butler**



How to Use This Workbook Daily

Pair your journaling with a ritual — morning coffee, evening tea, a candle, or calming music.

When gratitude is linked to something you already enjoy, the habit sticks faster. This is why you're showing up every day. Each part of the worksheet is a micro-step that, together, retrains your brain, regulates your body, deepens your relationships, and rewires your future.

“This isn't just journaling or a gratitude list— it's rewiring your brain, calming your body, and transforming your life.”

- Kristen Butler

Practical Tips for Success

- **Progress Over Perfection** → Miss a day? Even a week? Don't quit. Gratitude compounds — keep going.
- **Gratitude Goal Cards** → Write your top 3 intentions. Carry them, read them daily, and let your RAS go to work. Think of these cards as your brain's compass — they tell your mind what to look for.
- **Pairing Rituals** → Link your practice with tea, music, or a walk to reinforce consistency.
- **Celebrate Wins** → Post your #3MinuteWin selfie (hold up 3 fingers!) in the Facebook Group.


The Power of Savoring & Somatic Gratitude

Gratitude is not just a thought you write on paper — it's a state you embody. True transformation happens when gratitude moves from your head into your body. That's why savoring is so important in this challenge.

When you pause to **breathe deeply, place your hand on your heart, smile, and notice sensory details**, you are signaling safety to your nervous system. This simple act pulls you out of fight-or-flight and into rest-and-digest.

Your body learns: *I am safe. I can let go. I can feel good right now.*

This shift matters because if your nervous system is constantly on high alert or in survival mode, you'll never fully *feel* the gratitude you write down. **Savoring is the bridge between intellectual gratitude and embodied gratitude — the kind that calms stress, creates peace, and rewires your body to hold joy more easily.**



"You'll never feel authentic gratitude if you're stuck in survival mode."

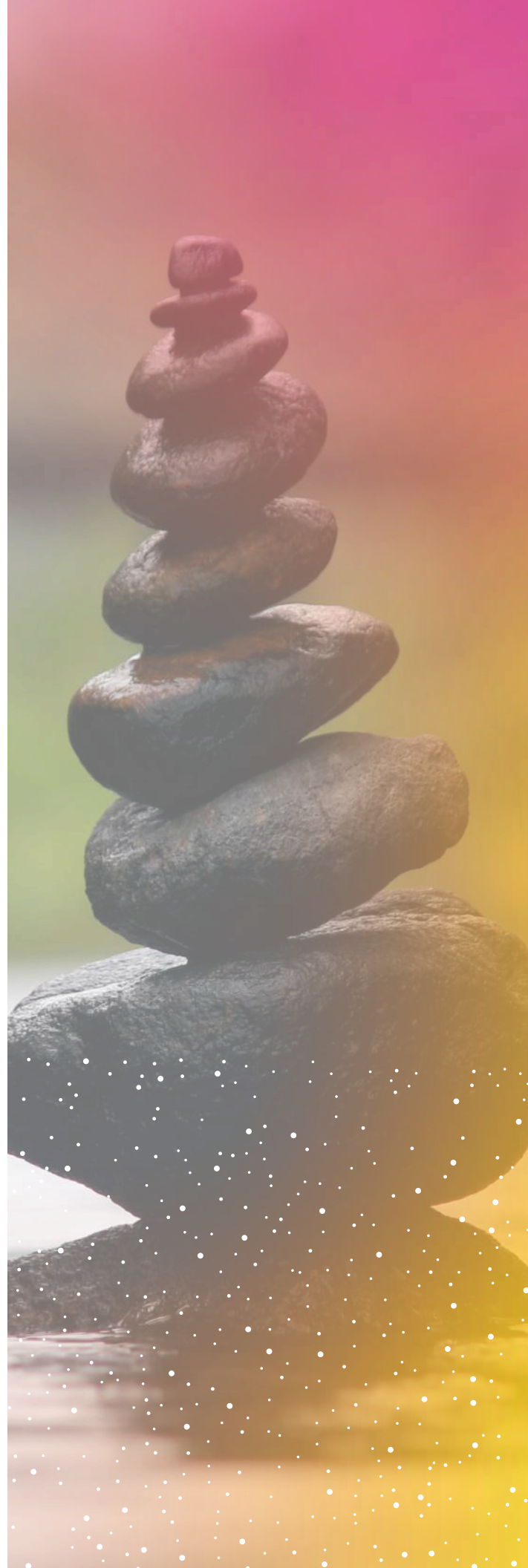
— Kristen Butler

Science Spotlight: Why Savoring Works

- **Regulates the Nervous System** → Slows heart rate, lowers blood pressure, and reduces cortisol levels.
- **Encodes Positive Memory** → Research shows that pairing gratitude with sensory detail “locks in” the experience so your brain remembers and repeats it more easily.
- **Extends Emotional Impact** → Instead of gratitude being a fleeting thought, savoring deepens the emotional effect so the benefits last longer.

👉 *Your result:* You'll notice that stressful moments lose their grip faster. Joy lingers longer. And gratitude stops feeling forced — it becomes natural and embodied.

"Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world." – John Milton





Growth in the Present Moment

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GRATITUDE CHALLENGE

One of the things I'm most passionate about is bringing together **timeless spiritual wisdom, current science, psychology, and lived experience** into a practical daily practice you can feel working. Gratitude isn't new — it's been celebrated for centuries in wisdom traditions, written about in Scripture, and proven through countless modern studies in neuroscience and psychology.

When you combine these perspectives, something powerful happens: gratitude stops being just an idea or a nice thought and becomes a tool that transforms your mind, body, and spirit. This challenge is about living that integration — grounding spiritual truth, scientific research, and everyday experience into three minutes of practice you can repeat daily.

Gratitude connects your past, present, and future into one powerful growth loop. When you practice all three, you're shaping your entire life experience:

- **Past Reframing**

Psychology calls this Post-Traumatic Growth. By looking back with gratitude, you transform pain into wisdom and resilience. You're no longer trapped by your story — you're strengthened by it.

Growth in the Present Moment

- **Future Gratitude** Gratitude in advance is rooted in Hope Theory. When you script your future as if it's already real, your brain responds with motivation, confidence, and a sense of possibility. You begin acting today as the person you want to become tomorrow.

- **Present Savoring**

The present moment is the only time we truly live. By savoring, you maximize now — noticing what's good, safe, and beautiful in this exact breath. The more you practice, the more "present joy" becomes your default.

✨ Together, these practices create a cycle of growth: reframing your past frees you, envisioning your future pulls you forward, and **savoring the present allows you to experience it fully.**


**“In everything give thanks.”
(1 Thessalonians 5:18)**

This timeless reminder aligns with what modern psychology confirms: gratitude in all circumstances, past, present, and future, is the foundation of growth and joy.

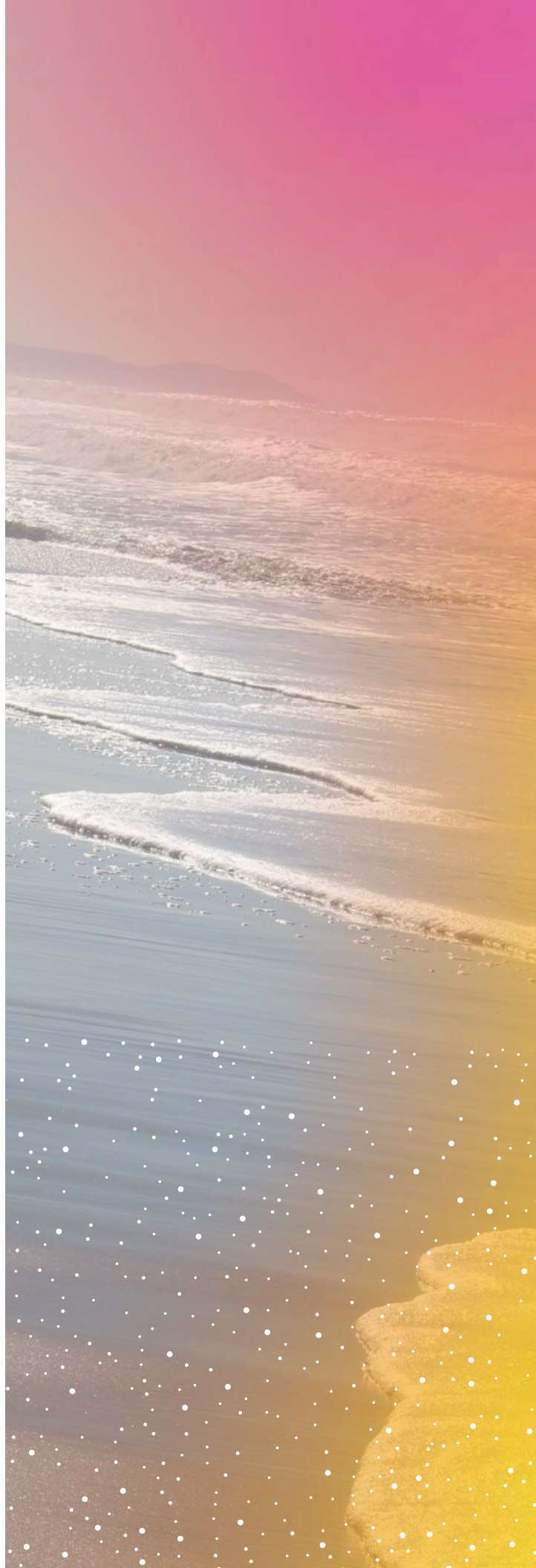
Progress Over Perfection

One of the biggest traps in building new habits is thinking you need to do it perfectly. The truth is, perfection doesn't create results — consistency does.

Even a “messy” gratitude practice still works, because every time you show up, you're sending your brain and nervous system a signal: this matters. Those small signals compound over time into lasting change.

 **Science Spotlight:** Research on habit formation shows that frequency matters more than intensity. A short, imperfect practice repeated daily has far greater impact on rewiring your brain than waiting until you can “do it right.”

Remember: You don't have to get it perfect, you just have to keep showing up.



Gratitude Goal Cards

One of the most powerful tools you'll use in this challenge is your **Gratitude Goal Card**. This practice was inspired by my personal mentor, **Bob Proctor**, who carried his own goal cards everywhere he went and taught millions of people to do the same. Bob believed that keeping your goals in your hands and your heart daily was the fastest way to turn them into reality.

I was coached by Bob and saw how committed he was to this practice — he said he never went anywhere without his card. That left a lasting impression on me. So I created this version, the **Gratitude Goal Card**, to weave in the science of gratitude with the timeless success principle Bob modeled.

A Gratitude Goal Card is a small card (use the worksheet provided, or create your own) where you write down a **specific goal or intention** you are grateful for in advance. For example:

- *"I am so grateful now that I consistently wake up feeling energized and at peace."*
- *"I am so grateful now that I attract loving, supportive relationships."*
- *"I am so grateful now that my business is thriving and serving thousands of people."*

The key is writing your goal **as if it's already happening** — because when you do, your brain begins to treat it as familiar and attainable.

Science Spotlight: Why It Works

- **Neuroplasticity** → Repeating your goal daily strengthens new neural pathways that align with the life you want.
- **Reticular Activating System (RAS)** → Your brain begins scanning for opportunities that match what's written on your card.
- **Hope Theory & Visualization** → Gratitude in advance fuels motivation, optimism, and resilience.

How to Use Your Goal Card

1. **Print or Write It Out** → Use the worksheet provided, or cut a small card. Keep it simple and powerful.
2. **Write in Present Tense** → Always start with "I am so grateful now that..." and describe your goal as if it's already real.
3. **Carry It Daily** → Keep it in your wallet, pocket, purse, or laminate it and carry it everywhere.
4. **Read It Often** → Morning, night, or whenever you need a mindset reset. The more often you read it, the faster your subconscious accepts it.
5. **Feel It** → Don't just read the words. Take 20 seconds to close your eyes, breathe, and feel gratitude as if it's already true.

What You Can Expect

- In the beginning, you may feel resistance or doubt. That's normal — your brain is adjusting.
- With repetition, you'll notice small shifts: your mindset, your choices, and even the opportunities that show up around you begin to align with your card.
- Over time, you'll look back and realize your Gratitude Goal Card has moved from being "just words" to being your reality.

What to do next? Use the [Gratitude Goal Card Worksheet](#) to create your first card today. You could even print multiple copies. Keep some by your bed, in your purse or wallet, and one on your desk, etc. The more you see it, the more powerful it becomes. You could even laminate them too.

Pairing Rituals with Gratitude

Habits stick best when they are anchored to something you already do or enjoy. That's why pairing your gratitude practice with a ritual is so powerful.

Examples:

- Morning coffee or tea ☕
- Lighting a candle 🕯️
- Gentle music 🎵
- Evening wind-down routine 🌙

When you link gratitude with a ritual, your brain starts to associate that activity with positive emotion. Over time, the ritual itself becomes a cue for gratitude — making it effortless.

🧬 **Science Spotlight:** This is called habit stacking. Neuroscience shows that when you tie a new habit to an existing one, it creates an automatic trigger in your brain, making it far more likely to stick long-term.

Pick one ritual you love, and let it become your anchor for gratitude every day.

“The more you praise and celebrate your life, the more there is in life to celebrate.” – Oprah Winfrey

What To Do if You Miss a Day

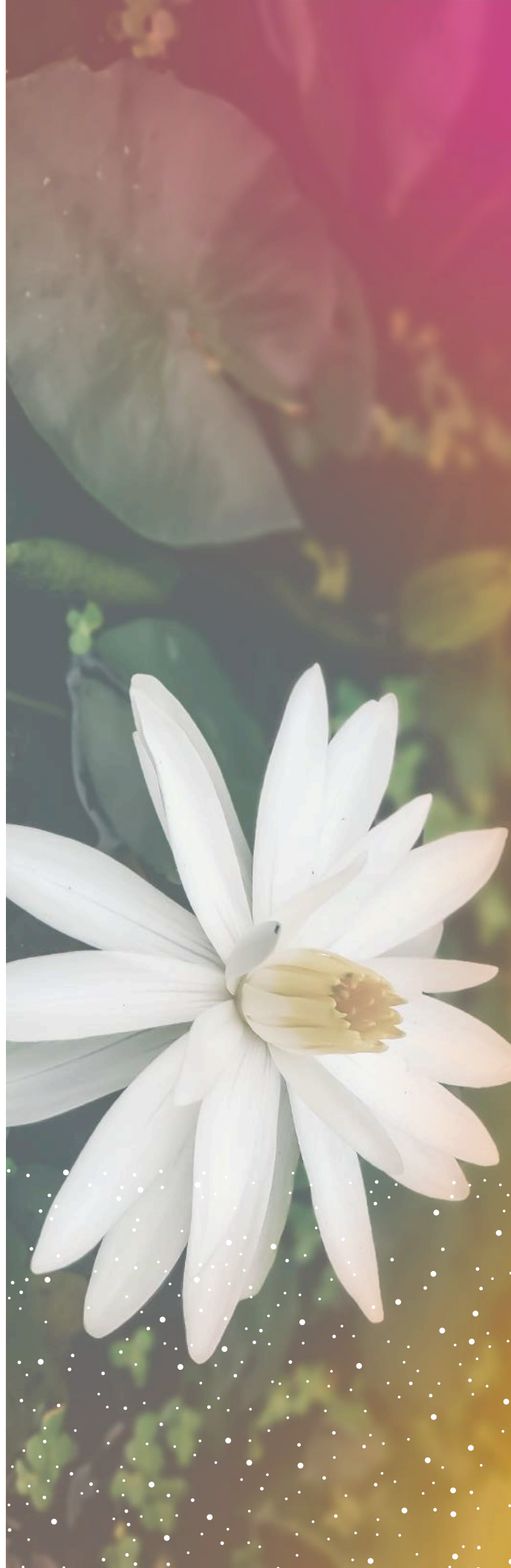
Life happens. You're human. Missing a day (or even a few) doesn't erase your progress. What matters most is what you do *next*. I want you to lean into the support group if you are struggling with building the habit.

Instead of beating yourself up or giving up altogether, simply return to your practice at the next opportunity. Life gets busy and challenges happen. I want you to learn to create this practice in the midst of all of it. 😊

Think of gratitude like exercise: skipping one workout doesn't erase your fitness — but staying consistent over time builds strength.

🧬 **Science Spotlight:** The brain learns through repetition, not perfection. Even with skipped days, each time you return, you strengthen the neural pathways that make gratitude a natural part of your identity.

🌟 **Remember:** Don't let one missed day turn into quitting. Progress comes from persistence, not perfection.





Content, Community, Zooms & Next Steps

This challenge is about us. Together we activate and amplify gratitude.

- ✉ Daily 3 Minute Gratitude Practice: delivered by email daily.
- 👤 Join the [Facebook Community](#)
- 🗓 Weekly Live Coaching Calls: Sept 2, 9, 16, 23 @ 12pm EST
 - [Add to Calendar](#)
 - [Join Zoom](#)
- 📱 **Text “3MINWIN” to 828-237-6082** for reminders + check-ins.
- 🎯 Upgrade to the VIP Celebration and Strategy Call: [Click here](#)
- ☀ Want to go deeper? Book a [1:1 Quantum Leap Coaching Call](#)

Remember: Gratitude isn't something you check off. It's a mindset that changes everything.

If you need any technical assistance reach out to
hello@powerofpositivity.com

“Every morning is a fresh start. Wake up with a thankful heart.” - Kristen Butler

GRATITUDE GOAL CARDS

Write, print, cut, and read your goal cards every day!

**GRATITUDE PLANTS THE SEED
FOR YOUR DREAMS.**

I am so grateful now that ...

**BE THANKFUL IN ADVANCE FOR
WHAT'S ALREADY ON ITS WAY.**

I am so grateful now that ...

**YOUR FUTURE SELF IS SMILING
AND SO PROUD.**

I am so grateful now that ...

**GRATITUDE TURNS INTENTIONS
INTO REALITY.**

I am so grateful now that ...

**THE MORE YOU THANK, THE
MORE YOU CREATE.**

I am so grateful now that ...

**SPEAK INTO GOALS AS IF
IT'S ALREADY DONE.**

I am so grateful now that ...

**CELEBRATE THE DREAM NOW.
THEN WATCH IT UNFOLD.**

I am so grateful now that ...

**GRATITUDE BRIDGES WHERE YOU ARE
AND WHERE YOU'RE GOING.**

I am so grateful now that ...



PRE-CHALLENGE ASSESSMENT

ON A SCALE OF 1-10, HOW OFTEN DO YOU FEEL GRATEFUL IN YOUR DAILY LIFE? (1 = RARELY, 10 = CONSTANTLY AWARE AND THANKFUL)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

DESCRIBE YOUR CURRENT MINDSET, MOOD, AND ENERGY LEVEL IN A FEW SENTENCES.

HOW DO YOU TYPICALLY RESPOND TO CHALLENGES OR SETBACKS?

WHAT'S ONE AREA OF YOUR LIFE WHERE YOU WANT TO FEEL MORE PEACE, JOY, OR GRATITUDE?

WHAT IS YOUR BIGGEST GOAL DURING THIS CHALLENGE?

DAY 1



QUOTE OF THE DAY

"I don't have to chase extraordinary moments to find happiness– it's right in front of me if I'm paying attention and practicing gratitude."
– Brené Brown

3 THINGS I'M GRATEFUL FOR TODAY

- _____
- _____
- _____

SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

- | | |
|--|--|
| <input type="checkbox"/> See – Picture it clearly in your mind. Notice colors, shapes, & light. | <input type="checkbox"/> Breathe – Take a slow inhale through your nose, then exhale through your mouth, letting the feeling expand through your entire body. |
| <input type="checkbox"/> Hear – Recall any sounds – voices, music, or quiet. | <input type="checkbox"/> Anchor – Smile and place your hand over your heart to lock the moment into memory. |
| <input type="checkbox"/> Feel – Identify the emotion it brings and where you sense it in your body. | |

PERSON I AM MOST GRATEFUL FOR

● **WHY:** _____

GRATITUDE SCRIPTING

Imagine yourself in a future where one of your dreams has already come true. Look around, what do you see, hear, and feel? Write 2–3 sentences from future you, describing the moment and why you're grateful you kept going.

I RECEIVE WITH GRACE, RELEASE WITH FAITH, AND RISE WITH THANKS.

DAY 2



QUOTE OF THE DAY

"When I started counting my blessings, my whole life turned around."
– Willie Nelson

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

☐ **See** – Picture it clearly in your mind.
Notice colors, shapes, & light.

☐ **Hear** – Recall any sounds – voices,
music, or quiet.

☐ **Feel** – Identify the emotion it brings
and where you sense it in your
body.

☐ **Breathe** – Take a slow inhale through
your nose, then exhale through your
mouth, letting the feeling expand
through your entire body.

☐ **Anchor** – Smile and place your hand
over your heart to lock the moment
into memory.

PERSON I AM MOST GRATEFUL FOR

● **WHY:**

GRATITUDE REFRAMING

Think of a time you were critical of your body. Reframe it with gratitude: How has your body carried you? What has it made possible for you?

I WAKE UP THANKFUL FOR ANOTHER CHANCE TO GROW.

DAY 3



QUOTE OF THE DAY

"Gratitude is the closest thing to beauty manifested in an emotion."
– Mindy Kaling

3 THINGS I'M GRATEFUL FOR TODAY

- _____
- _____
- _____

SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

☐ **See** – Picture it clearly in your mind. Notice colors, shapes, & light.

☐ **Hear** – Recall any sounds – voices, music, or quiet.

☐ **Feel** – Identify the emotion it brings and where you sense it in your body.

☐ **Breathe** – Take a slow inhale through your nose, then exhale through your mouth, letting the feeling expand through your entire body.

☐ **Anchor** – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR

● **WHY:** _____

GRATITUDE SCRIPTING

Imagine a future moment where a dream has already come true. Write it with all five senses. The clearer you make it, the faster your brain will believe it's possible.

GRATITUDE OPENS THE DOOR TO EVERYTHING I DESIRE.

DAY 4



QUOTE OF THE DAY

"Gratitude unlocks the fullness of life." – James Clear

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

☐

See – Picture it clearly in your mind. Notice colors, shapes, & light.

☐

Hear – Recall any sounds – voices, music, or quiet.

☐

Feel – Identify the emotion it brings and where you sense it in your body.

☐

Breathe – Take a slow inhale through your nose, then exhale through your mouth, letting the feeling expand through your entire body.

☐

Anchor – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE REFRAMING

Recall someone who challenged you or was difficult. Write about how that person helped you grow or pushed you to set healthier boundaries. Write about what you can be grateful for now.

I THANK MY BODY FOR CARING FOR ME UNCONDITIONALLY.

DAY 5



QUOTE OF THE DAY

"Gratitude rewires your brain for resilience." – Dr. Caroline Leaf

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:



See – Picture it clearly in your mind. Notice colors, shapes, & light.



Hear – Recall any sounds – voices, music, or quiet.



Feel – Identify the emotion it brings and where you sense it in your body.



Breathe – Take a slow inhale through your nose, then exhale through your mouth, letting the feeling expand through your entire body.



Anchor – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE SCRIPTING

Imagine the version of yourself who has healed from your biggest struggle. How do you think, move, and live in gratitude each day? Write a few sentences from that perspective.

I'M ALREADY GRATEFUL FOR THE BREAKTHROUGH ON ITS WAY.

DAY 6



QUOTE OF THE DAY

"Gratitude brings more to be grateful about."
– Louise Hay

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:



See – Picture it clearly in your mind.
Notice colors, shapes, & light.



Hear – Recall any sounds – voices,
music, or quiet.



Feel – Identify the emotion it brings
and where you sense it in your
body.



Breathe – Take a slow inhale through
your nose, then exhale through your
mouth, letting the feeling expand
through your entire body.



Anchor – Smile and place your hand
over your heart to lock the moment
into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE REFRAMING

Think back to a tough season you've been through. What strength or skill did you develop because of it? Write about it and give thanks for how it shaped you.

THIS BREATH IS PROOF OF A MIRACLE IN MOTION.

DAY 7



QUOTE OF THE DAY

"Gratitude has measurable benefits for your physical health."

– Dr. Andrew Weil

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:



See – Picture it clearly in your mind. Notice colors, shapes, & light.



Hear – Recall any sounds – voices, music, or quiet.



Feel – Identify the emotion it brings and where you sense it in your body.



Breathe – Take a slow inhale through your nose, then exhale through your mouth, letting the feeling expand through your entire body.



Anchor – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE SCRIPTING

Imagine a small but powerful future win – finishing a project, crossing a finish line, or following through on something important. Describe it in detail and let yourself feel the joy as if it's already real and happened.

I SEE THE GOOD, FEEL THE GOOD, AND ATTRACT MORE GOOD.

DAY 8



QUOTE OF THE DAY

"No duty is more urgent than giving thanks." – James Allen

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:



See – Picture it clearly in your mind. Notice colors, shapes, & light.



Hear – Recall any sounds – voices, music, or quiet.



Feel – Identify the emotion it brings and where you sense it in your body.



Breathe – Take a slow inhale through your nose, then exhale through your mouth, letting the feeling expand through your entire body.



Anchor – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE REFRAMING

Think of a time you were anxious or reactive but found a way to self-soothe or regulate. Reframe it as progress and write what you're grateful for about that moment.

MY BODY IS A GIFT, AND I THANK IT DAILY.

DAY 9



QUOTE OF THE DAY

"Gratitude is a habit you build, not a mood you wait for." – Shawn Achor

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

☐

See – Picture it clearly in your mind. Notice colors, shapes, & light.

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Breathe – Take a slow inhale through your nose, then exhale through your mouth, letting the feeling expand through your entire body.

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Hear – Recall any sounds – voices, music, or quiet.

☐

Anchor – Smile and place your hand over your heart to lock the moment into memory.

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Feel – Identify the emotion it brings and where you sense it in your body.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE SCRIPTING

Imagine your ideal morning five years from now. What do you see when you wake up? What do you smell or hear as your day begins? Write about it in detail and let yourself feel grateful as if it's already real.

I AM THANKFUL FOR THE LOVE THAT SURROUNDS ME.

DAY 10



QUOTE OF THE DAY

"A grateful mind is a great mind, which eventually attracts to itself great things." – Plato

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:



See – Picture it clearly in your mind. Notice colors, shapes, & light.



Hear – Recall any sounds – voices, music, or quiet.



Feel – Identify the emotion it brings and where you sense it in your body.



Breathe – Take a slow inhale through your nose, then exhale through your mouth, letting the feeling expand through your entire body.



Anchor – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE REFRAMING

Think of a time you completely changed direction in life because something didn't work out. Why are you grateful for that shift today?

GRATITUDE IS HELPING ME RELEASE WHAT I CAN'T CONTROL.

DAY 11



QUOTE OF THE DAY

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." – Melody Beattie

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

☐

See – Picture it clearly in your mind. Notice colors, shapes, & light.

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Breathe – Take a slow inhale through your nose, then exhale through your mouth, letting the feeling expand through your entire body.

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Anchor – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE SCRIPTING

Imagine responding to a stressful situation in the future with complete calm and clarity. Write about that version of you and what you're grateful for.

I WELCOME TODAY WITH SOFT ENERGY AND STRONG FAITH.

DAY 12



QUOTE OF THE DAY

"In everything give thanks." – 1 Thessalonians 5:18

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

☐ **See** – Picture it clearly in your mind. Notice colors, shapes, & light.

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☐ **Anchor** – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR

● **WHY:**

GRATITUDE REFRAMING

Choose a moment when you kept going against the odds. Highlight the mindset and resources you didn't realize you had at the time – and give thanks for them.

GRATITUDE TURNS THE ORDINARY INTO SOMETHING BEAUTIFUL.

DAY 13



QUOTE OF THE DAY

"Gratitude is the ultimate state of receivership." – Dr. Joe Dispenza

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

☐

See – Picture it clearly in your mind. Notice colors, shapes, & light.

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Hear – Recall any sounds – voices, music, or quiet.

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Feel – Identify the emotion it brings and where you sense it in your body.

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Breathe – Take a slow inhale through your nose, then exhale through your mouth, letting the feeling expand through your entire body.

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Anchor – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE SCRIPTING

Describe how one positive change you make in the future impacts others around you. How do you feel? What new experiences are you grateful for?

MY POSITIVITY IS RISING BECAUSE MY FOCUS IS GRATITUDE.

DAY 14



QUOTE OF THE DAY

"Gratitude comes from having the right perspective. It's being able to look at what you have and be thankful rather than longing for what you don't have." – Max Lucado

3 THINGS I'M GRATEFUL FOR TODAY

- _____
- _____
- _____

SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

- | | |
|--|--|
| <input type="checkbox"/> See – Picture it clearly in your mind. Notice colors, shapes, & light. | <input type="checkbox"/> Breathe – Take a slow inhale through your nose, then exhale through your mouth, letting the feeling expand through your entire body. |
| <input type="checkbox"/> Hear – Recall any sounds – voices, music, or quiet. | <input type="checkbox"/> Anchor – Smile and place your hand over your heart to lock the moment into memory. |
| <input type="checkbox"/> Feel – Identify the emotion it brings and where you sense it in your body. | |

PERSON I AM MOST GRATEFUL FOR

● **WHY:** _____

GRATITUDE REFRAMING

Reflect on a time when "just getting through" was a win. Reframe it as an act of courage, resourcefulness, and resilience.

I AM THANKFUL FOR PEACE THAT PROTECTS MY MIND.

DAY 15



QUOTE OF THE DAY

"Now is no time to think of what you do not have. Think of what you can do with what there is." – Ernest Hemingway

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:



See – Picture it clearly in your mind. Notice colors, shapes, & light.



Hear – Recall any sounds – voices, music, or quiet.



Feel – Identify the emotion it brings and where you sense it in your body.



Breathe – Take a slow inhale through your nose, then exhale through your mouth, letting the feeling expand through your entire body.



Anchor – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE SCRIPTING

Imagine a seemingly impossible goal has already happened. Describe the feeling as if you just "stepped into" that timeline. What are you most grateful for?

I'M THANKFUL FOR HOW FAR I'VE COME AND WHO I'VE BECOME.

DAY 16



QUOTE OF THE DAY

"Showing gratitude is one of the simplest yet most powerful things humans can do for each other." – Randy Pausch

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:



See – Picture it clearly in your mind. Notice colors, shapes, & light.



Hear – Recall any sounds – voices, music, or quiet.



Feel – Identify the emotion it brings and where you sense it in your body.



Breathe – Take a slow inhale through your nose, then exhale through your mouth, letting the feeling expand through your entire body.



Anchor – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE REFRAMING

Think about something you didn't understand in the moment but now see was the start of your healing process. Write about it with gratitude.

GRATITUDE MAKES SPACE FOR MORE OF WHAT I LOVE.

DAY 17



QUOTE OF THE DAY

"Choosing to be positive and having a grateful attitude is going to determine how you're going to live your life." – Joel Osteen

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

☐

See – Picture it clearly in your mind. Notice colors, shapes, & light.

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Anchor – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE SCRIPTING

Picture a future where gratitude has brought you unexpected opportunities and relationships. Describe them as if they are already real. What newness in your life are you MOST grateful for?

I'M NOT WAITING TO BE HAPPY. I'M GRATEFUL RIGHT NOW.

DAY 18



QUOTE OF THE DAY

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."
– Oprah Winfrey

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:



See – Picture it clearly in your mind. Notice colors, shapes, & light.



Breathe – Take a slow inhale through your nose, then exhale through your mouth, letting the feeling expand through your entire body.



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Anchor – Smile and place your hand over your heart to lock the moment into memory.



Feel – Identify the emotion it brings and where you sense it in your body.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE REFRAMING

Think back to a challenge. Reframe it by noticing the hidden support – people, timing, or resources you didn't fully appreciate at the time. What are you grateful for now?

THIS SEASON IS A GIFT, EVEN IF IT'S STRETCHING ME.

DAY 19



QUOTE OF THE DAY

"Give yourself the gift of gratitude. It will change your life." – Wayne Dyer

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

☐

See – Picture it clearly in your mind. Notice colors, shapes, & light.

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Anchor – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE SCRIPTING

Script a future day where your body feels strong, energetic, and free. Describe what you see and feel – and write it as if it's already real and you are grateful!

I'M THANKFUL FOR EVERY MOMENT THAT LED ME HERE.

DAY 20



QUOTE OF THE DAY

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for." – Zig Ziglar

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

☐ **See** – Picture it clearly in your mind. Notice colors, shapes, & light.

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☐ **Anchor** – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR

● **WHY:**

GRATITUDE REFRAMING

Identify a connection between a past difficulty and something good in your life today. What's the blessing you can now see?

GRATITUDE HELPS ME RELEASE FEAR AND RECEIVE GRACE.

DAY 21



QUOTE OF THE DAY

"Gratitude amplifies the good in our lives." – Dr. Robert Emmons

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

☐

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Hear – Recall any sounds – voices, music, or quiet.

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☐

Anchor – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE SCRIPTING

Envision a future where something you're struggling with today has become one of your proudest achievements. Write it out with gratitude.

I AM GROUNDED IN GRATITUDE AND GUIDED BY PURPOSE.

DAY 22



QUOTE OF THE DAY

"Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul." – Amy Collette

3 THINGS I'M GRATEFUL FOR TODAY

- _____
- _____
- _____

SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

- | | |
|--|--|
| <input type="checkbox"/> See – Picture it clearly in your mind. Notice colors, shapes, & light. | <input type="checkbox"/> Breathe – Take a slow inhale through your nose, then exhale through your mouth, letting the feeling expand through your entire body. |
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| <input type="checkbox"/> Feel – Identify the emotion it brings and where you sense it in your body. | |

PERSON I AM MOST GRATEFUL FOR

● **WHY:** _____

GRATITUDE REFRAMING

Think of a hard moment. Write about how it shaped your character or faith. Use gratitude to thank God and reflect on your growth.

I THANK MY BODY FOR SHOWING UP FOR ME DAILY.

DAY 23



QUOTE OF THE DAY

"When we focus on our gratitude, the tide of disappointment goes out, and the tide of love rushes in." – Kristin Armstrong

3 THINGS I'M GRATEFUL FOR TODAY

- _____
- _____
- _____

SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

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PERSON I AM MOST GRATEFUL FOR

● **WHY:** _____

GRATITUDE SCRIPTING

Picture one perfect day in your future life. Who's there? What's happening? Why are you grateful?

THE MORE I SLOW DOWN, THE MORE I SEE TO BE GRATEFUL FOR.

DAY 24



QUOTE OF THE DAY

"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom." – Marcel Proust

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:



See – Picture it clearly in your mind. Notice colors, shapes, & light.



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PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE REFRAMING

Choose a past hurt and identify one good thing that came from it, even if it's simply wisdom or compassion for others.

I AM THANKFUL FOR THE LESSONS THAT HELPED ME GROW.

DAY 25



QUOTE OF THE DAY

"We should certainly count our blessings, but we should also make our blessings count." – Neal A. Maxwell

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:



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Anchor – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE SCRIPTING

Write as if a goal or desire has already happened. Describe it in detail. What does it feel like to live gratitude out loud?

GRATITUDE HELPS ME ENJOY WHAT I USED TO RUSH.

DAY 26



QUOTE OF THE DAY

"Gratitude is when memory is stored in the heart and not in the mind."
– Lionel Hampton

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:



See – Picture it clearly in your mind.
Notice colors, shapes, & light.



Hear – Recall any sounds – voices,
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through your entire body.



Anchor – Smile and place your hand
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into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE REFRAMING

Reflect on something you once thought was a setback but now see as a stepping
stone. Notice how it shaped you, and how it's preparing you for what's next.

EVERY THANK YOU I SPEAK CREATES A RIPPLE OF LIGHT.

DAY 27



QUOTE OF THE DAY

"Virtue begins when he dedicates himself actively to the job of gratitude." – Ruth Benedict

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

☐

See – Picture it clearly in your mind. Notice colors, shapes, & light.

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☐

Anchor – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE SCRIPTING

Write as if your goal has already been achieved or your prayer has already been answered. Describe what you see, hear, and feel. See it as already done.

I TRUST THAT WHAT'S FOR ME IS ALREADY IN MOTION.

DAY 28



QUOTE OF THE DAY

"The best way to show my gratitude is to accept everything, even my problems, with joy." – Mother Teresa

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:



See – Picture it clearly in your mind. Notice colors, shapes, & light.



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PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE REFRAMING

Write about a current challenge as if you're already past it. Describe the growth, the lessons, and the gratitude you now feel looking back. Start with: "I remember when I thought this was impossible. Now, I'm grateful I stayed the course because..."

I'M THANKFUL IN ADVANCE FOR THE CLARITY I AM RECEIVING.

DAY 29



QUOTE OF THE DAY

"The way to develop the best that is in a person is by appreciation and encouragement." – Charles Schwab

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

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PERSON I AM MOST GRATEFUL FOR

● **WHY:**

GRATITUDE SCRIPTING

Describe a "dream day" in your future. Who's with you? Where are you? What are you most grateful for in that moment?

I THANK GOD FOR THE PEOPLE I'M MEANT TO MEET.

DAY 30



QUOTE OF THE DAY

"I thank God for my handicaps, for through them I have found myself, my work, and my God." – Helen Keller

3 THINGS I'M GRATEFUL FOR TODAY







SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:



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Anchor – Smile and place your hand over your heart to lock the moment into memory.

PERSON I AM MOST GRATEFUL FOR



WHY:

GRATITUDE REFRAMING

Recall a time when you didn't get what you wanted right away. Reframe it as protection or perfect timing. What are you grateful for now?

GRATITUDE BRINGS ME BACK TO PEACE, EVERY TIME.

DAY 31



QUOTE OF THE DAY

"Enjoy the little things, for one day you may look back and realize they were the big things." – Robert Brault

3 THINGS I'M GRATEFUL FOR TODAY

- _____
- _____
- _____

SAVOR THE MOMENT GRATITUDE CHECKLIST

Pick one thing from today's gratitude list and move through each step:

- | | |
|--|--|
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| <input type="checkbox"/> Feel – Identify the emotion it brings and where you sense it in your body. | |

PERSON I AM MOST GRATEFUL FOR

● **WHY:** _____

GRATITUDE SCRIPTING

Write a short letter from your future self to your present self. Share what life looks like and why you're thankful you kept going.

EVEN IN UNCERTAINTY, I CHOOSE GRATITUDE OVER FEAR.



REFLECTION

DID I COMPLETE 30 DAYS OF GRATITUDE?



YES



MOSTLY



NO

HOW HAS MY MINDSET, MOOD, OR ENERGY CHANGED IN THE PAST 30 DAYS?

WHAT NEW HABITS OR PRACTICES HAVE I CREATED?

WHAT CHALLENGES DID I OVERCOME, AND WHAT DID THEY TEACH ME?

WHAT AM I MOST PROUD OF FROM THIS JOURNEY?

MY NEXT STEP TO KEEP THIS GRATITUDE CHALLENGE ALIVE IS...

MY THOUGHTS

[illegible]

MY THOUGHTS

This image shows a full page of blank handwriting practice paper. It features 20 evenly spaced, horizontal blue lines running across the entire width of the page. The lines are thin and consistent in color, providing a guide for letter height and placement. There are no margins, text, or other markings on the paper.

MY THOUGHTS

[illegible]

MY THOUGHTS

[illegible]

MY THOUGHTS