



My Gratitude Journal



JOURNEY BEYOND BETRAYAL
NAVIGATING INFIDELITY TOGETHER
journeybeyondbetrayal.com

Hey beautiful!

I'm so glad you're here.

If you're holding this journal, it means you've made a powerful choice—to show up for yourself in the middle of the heartbreak. And that is no small thing.

I created this journal as a simple but sacred space for you to start noticing the good again. Not because the betrayal wasn't devastating, but because even in the devastation, God is still near. And even now, there are moments—small and sacred—that can soften the pain and begin to restore your heart.

You don't have to be grateful for what happened. But you can be grateful for the way God is still holding you. For the breath in your lungs. For the friend who texted. For the sunset you noticed on a hard day.

This journal is a place to record those moments.

You are not alone on this journey.

You are enough!

And you are worth investing in.

Here for your healing,

Kate Corwell

Journey Beyond Betrayal Founder & CEO

Certified Mental Health Coach | Certified Kingdom Coach



Fun Facts About Gratitude

- Gratitude rewires your brain.

Practicing gratitude consistently activates the brain's reward system and strengthens neural pathways associated with positive thinking. Over time, it literally helps you think more hopefully and optimistically.

- Gratitude helps reduce symptoms of anxiety and depression.

Regular gratitude journaling has been linked to lower levels of stress, anxiety, and depressive thoughts—especially in women recovering from trauma or major life events (like infidelity).

- Your sleep improves with gratitude.

People who write down things they're thankful for before bed fall asleep faster, sleep longer, and report better sleep quality.

- Gratitude builds resilience.

Practicing gratitude can help you bounce back more quickly from emotional challenges (like infidelity)—by reminding you of what's still good, even when life is hard.

- It increases your sense of worth.

Focusing on what you're thankful for often highlights the good within you—your strength, faith, and progress—reminding you that you are enough.

- Just 5 minutes of daily gratitude can improve your mood.

Studies have shown that writing down what you're grateful for—even for just a few minutes a day—can significantly increase feelings of happiness and well-being! So way to go committing to do this!



How to Use this Journal

1. Commit to practicing gratitude for one month.
2. Set aside a quiet moment each day.
3. Write down 1–3 things you're grateful for using the weekly or daily journal pages.
4. Slow down to allow yourself to acknowledge these good things in your life.
5. Keep going—especially on the hard days!





Weekly Gratitude Journal



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Other Reflections:



Weekly Gratitude Journal



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Other Reflections:



Weekly Gratitude Journal



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Thursday

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Saturday

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Friday

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Sunday

Other Reflections:



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Other Reflections:

Hey beautiful!

As you reach the end of this journal, take a moment to pause and reflect on the journey you've been on over the last month.

- ♥ What moments of gratitude stood out to you?
- ♥ Did you notice any shifts in your emotions, thoughts, or perspective?
- ♥ How did practicing gratitude help you?
- ♥ What role did God play in your healing this month?
- ♥ How do you want to continue practicing gratitude moving forward?

I would love to hear how this journal has impacted your healing. Feel free to email me or DM me to share your reflections. I read every message, and I'd be honored to celebrate this growth with you.

Keep going, friend. Every choice to pursue healing, every baby step, makes a difference!

Here for your healing,

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