

nuBeginning

VLOGS FOR YOU

30 DAY GRATITUDE

journal













Become more positive every day with a gratitude practice.

Why?

Shifting your mindset in this way truly transforms your life for the better.

Try it for 30 days and you'll never want to stop.

This journal provides a daily prompt and inspiration to guide your practice and help make gratitude part of your everyday life.

TODAY I AM GRATEFUL FOR...

Date: _____

1. Who in your family are you grateful for?

You are blessed with 86,400 seconds today.
Use two or three of them to smile and say thank you.

TODAY I AM GRATEFUL FOR...

Date: _____

2. What is great about your town or region?

"Gratitude is the fairest blossom which springs from the soul."
Henry Beecher

TODAY I AM GRATEFUL FOR...

Date: _____

3. What do you love about your culture?

Gratitude pays you back a thousand times over
with moments of peace, contentment, and happiness.

TODAY I AM GRATEFUL FOR...

Date: _____

4. What hobbies do you love?

Be grateful when it rains, because that way you'll know how good sunshine really is.

TODAY I AM GRATEFUL FOR...

Date: _____

5. Which music makes you happy?

Awesome things happen to the soul of those who never stop being grateful.

TODAY I AM GRATEFUL FOR...

Date: _____

6. What makes you grateful about your health?

It's not happiness that makes us grateful
but gratitude that makes us happy.

TODAY I AM GRATEFUL FOR...

Date: _____

7. Who has helped you in the past?

If you focus on what you don't have,
you'll never have enough of anything except envy.

TODAY I AM GRATEFUL FOR...

Date: _____

8. What makes you grateful about your home?

Be happy: take note of the things you are grateful for to forget the things that you lack.

TODAY I AM GRATEFUL FOR...

Date: _____

9. What makes you grateful about the food you eat?

Gratitude unlocks more good things in life to be grateful for.

TODAY I AM GRATEFUL FOR...

Date: _____

10. What do friends add to your life?

If you are reading this, you have a thousand things to be grateful for. Guaranteed.

TODAY I AM GRATEFUL FOR...

Date: _____

11. What does being able to read give you?

Just in case you forget, be grateful for being you in all your awesomeness.

TODAY I AM GRATEFUL FOR...

Date: _____

12. What do your senses do for you?

You could have more; you could have less.
Whatever you have, you are blessed.

TODAY I AM GRATEFUL FOR...

Date: _____

13. What lessons from the past are you grateful for?

Take joy in being alive; that's gratitude too.

TODAY I AM GRATEFUL FOR...

Date: _____

14. What fun times have you enjoyed?

Let your gratitude show in actions as well as words.

TODAY I AM GRATEFUL FOR...

Date: _____

15. What makes you grateful about your bed?

Great days start with gratitude.

TODAY I AM GRATEFUL FOR...

Date: _____

16. Which teachers are you grateful for?

A few moments of gratitude spell big changes in attitude.

TODAY I AM GRATEFUL FOR...

Date: _____

17. What do you love about your own personality?

Waking up every day is a gift. Enjoy it.

TODAY I AM GRATEFUL FOR...

Date: _____

18. What do you love about your country?

Gratitude brings a burst of positive energy into your day and your life.

TODAY I AM GRATEFUL FOR...

Date: _____

19. What possessions do you love?

Be thankful for every breath of fresh air, every drop of water, every tree and mountain, every leaf and flower.

TODAY I AM GRATEFUL FOR...

Date: _____

20. Which movies or TV shows make you happy?

Don't wish for things to be different; be grateful that you can choose how to react and move forward.

TODAY I AM GRATEFUL FOR...

Date: _____

21. What can you do physically that you are glad about (walk, dance, swim, sing etc.)?

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Grief means you love and were loved; be grateful for that.

TODAY I AM GRATEFUL FOR...

Date: _____

22. What does your brain do for you?

Make your way positively in the world;
to do less is to choose to be unhappy.

TODAY I AM GRATEFUL FOR...

Date: _____

23. What does having access to a computer do for you?

Every rain storm has its rainbow if you know where to look.

TODAY I AM GRATEFUL FOR...

Date: _____

24. What comfort do you get from your beliefs?

"Remember that what you now have was once among the things you hoped for."
Epicurus

TODAY I AM GRATEFUL FOR...

Date: _____

25. What makes you grateful about each month or season of the year?

Appreciate the little things because one day you'll look back and see how much they mattered.

TODAY I AM GRATEFUL FOR...

Date: _____

26. What good things happened this week?

Fill yourself with gratitude, so you never ever feel empty.

TODAY I AM GRATEFUL FOR...

Date: _____

27. What places are you glad you've visited?

Be grateful for your past. It made you what you are.

TODAY I AM GRATEFUL FOR...

Date: _____

28. What do you love about being free and independent?

"What a precious privilege it is to be alive - to breathe, to think, to enjoy, to love."
Marcus Aurelius

TODAY I AM GRATEFUL FOR...

Date: _____

29. What are you happy you have now that you didn't have last year/five years ago?

“Gratitude turns what we have into enough.”
Aesop

TODAY I AM GRATEFUL FOR...

Date: _____

30. What are you grateful for today?

You don't need to know the secret of having it all. You already do. Celebrate life. You've got it. Own it. Enjoy it!