



ZEN OASIS

HEAL • GUIDE • TRANSFORM

GRATITUDE *Journal*

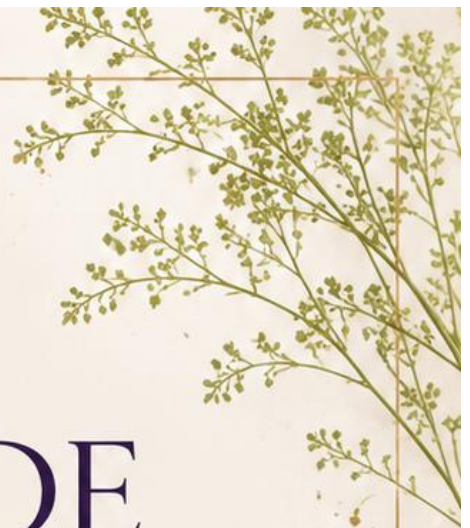


A DAILY PRACTICE OF
THANKFUL HEART



GRATEFUL MIND.
PEACEFUL HEART.
FULFILLED LIFE.

*Start where you are.
Appreciate what you have.
Trust where you're going.*





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Welcome to Your Gratitude Journey

THIS JOURNAL IS YOUR SACRED SPACE

A place to pause, reflect, and appreciate the beauty in your everyday life.

Gratitude has the power to shift your mindset, uplift your spirit,
and open your heart to endless blessings.

When you focus on what you have, more of it flows into your life.

AS YOU JOURNAL EACH DAY,

May you cultivate a heart of thankfulness,
find joy in the little things,
and create a life filled with peace,
abundance, and meaning.

THERE IS NO RIGHT OR WRONG WAY

Be honest. Be real. Be you.
Let your thoughts flow freely and
allow this practice to bring you
closer to yourself.

Thank you for choosing to
honour gratitude
in your life.

YOU ARE ENOUGH. YOU HAVE ENOUGH.

You do enough.



HOW TO USE This Gratitude Journal

A SIMPLE GUIDE TO YOUR DAILY PRACTICE



1. SET AN INTENTION

Begin with a few deep breaths.
Set the intention to open your heart
and welcome positivity into your life.



2. BE HONEST & REAL

Write from your heart. There are no
rules or right answers here.
This is your space to be you.



3. FOCUS ON THE GOOD

Look for the blessings—big or small.
Shifting your focus to what you're
grateful for creates more of it.



4. USE DAILY

Consistency is key. Even a few
minutes each day can transform
your mindset and outlook.



5. REFLECT & GROW

Use the reflection pages to go deeper,
learn more about yourself, and
celebrate your growth.



6. ENJOY THE JOURNEY

There is no right or wrong way to
practice gratitude. Enjoy the process
and let it uplift your life.



7. PRINT & ENJOY

You can also print this journal and
enjoy writing by hand, or use it digitally
on your tablet or device.
Reprint your favourite pages anytime
and return to them whenever you need
a moment of gratitude and reflection.



Remember

Gratitude turns what we have
into enough and more.

This journal is your companion
on the path to a more joyful,
peaceful, and meaningful life.

You are enough. You have enough. You do enough.



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TODAY I AM
Grateful For
♥

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TODAY'S *Gratitude* REFLECTION



Take a moment to pause, reflect, and
appreciate the beauty of today.



What are 3 things
I am grateful for
today?

- _____
- _____
- _____



What made me
smile or brought
me joy today?



Who or what
made a positive
difference in
my day?



What did I learn
or appreciate
about myself
today?

ONE THOUGHT TO REMEMBER

from today...





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GRATITUDE

Through the Senses



Take a moment to slow down and notice the beauty around you. What are you grateful for today through each of your senses?



SIGHT

What beautiful things did you see today?



SOUND

What sounds brought you peace or joy?



SMELL

What aromas or scents are you grateful for?



TOUCH

What textures, comforts, or moments of touch are you thankful for?



TASTE

What delicious foods or drinks nourished you today?



Remember

Gratitude is all around you,
in every moment,
through every sense.





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GRATITUDE

Affirmations



Affirm these words. Believe in them.
Let gratitude transform your life.



I am grateful for all that I have,
and all that is on its way to me.



I choose to focus on the good
in every situation.



I am open to receiving more
blessings each day.



I appreciate the little things
that bring me joy.



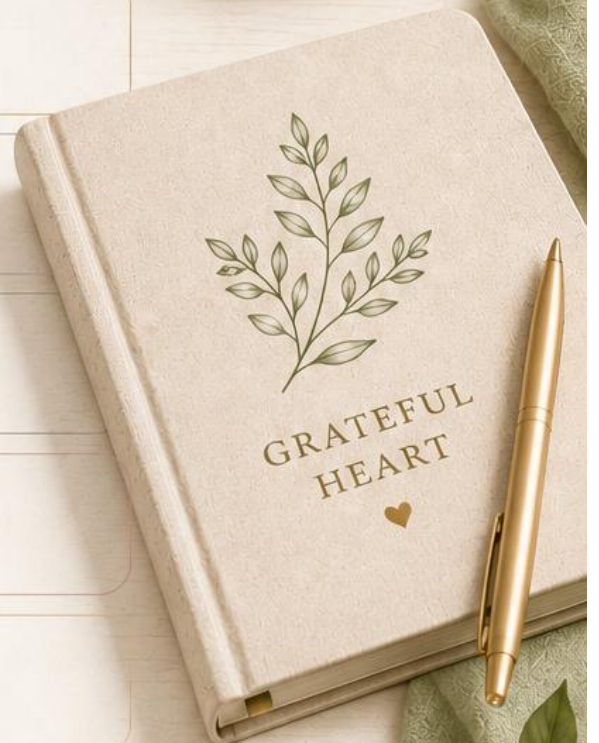
I am thankful for who I am
and who I am becoming.



I attract love, kindness,
and abundance naturally.



Gratitude fills my heart,
mind, and soul with peace.



*Gratitude turns what we have into enough
and more.*



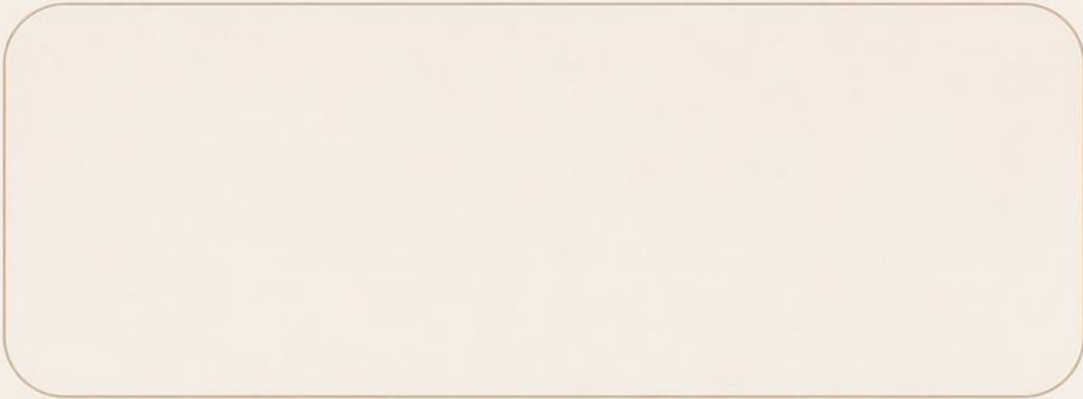


WEEKLY

Gratitude Check-In



This week, I am most grateful for...



This week, I am proud of...



Next week, I look forward to...





GRATITUDE

Notes & Reflection



Take a moment to look back with appreciation
and carry gratitude forward.



GRATITUDE NOTES

Write anything that comes to your heart.
Moments, people, blessings, lessons, or little things.



REFLECTION

What did gratitude teach me this week?

What were the most meaningful moments?

How did it make me feel?

How can I bring more gratitude into my life?



Thank you for showing up for yourself.

Keep choosing gratitude, every day.

