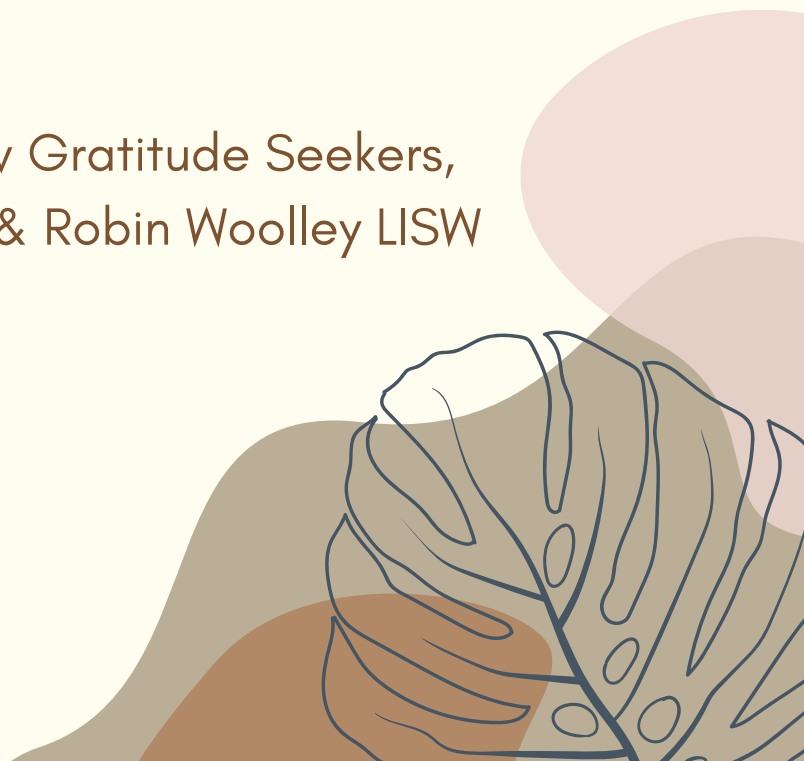


Gratitude Journal

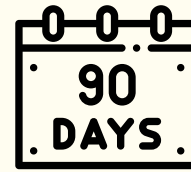
A Daily Guide to Finding Joy

90 Daily Journaling Pages,
BONUS: *Tools & Worksheets*

Crafted by Fellow Gratitude Seekers,
Karen Cayer CPC & Robin Woolley LISW



Dear Reader,



Welcome to your **90-day journey** towards greater **Gratitude and Self-discovery!** We are thrilled you've chosen this journal to transform your mindset and enhance your well-being.

How to use this journal

Daily entries: Each day, note three things you are grateful for. This simple practice shifts your focus towards positivity and cultivates appreciation.

Weekly reflections: At the end of each week, summarize your thoughts and reflect on recurring themes or insights. This reinforces the impact of your gratitude practice.

Monthly reviews: Every 30 days, assess your progress and reflect on how gratitude has influenced your life, mood, and relationships.

Bonus tools and worksheets: Self-Discovery Worksheets to help in your journey.

Creating change in 90 days

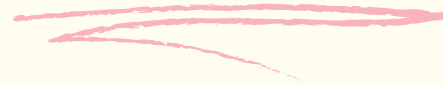
Why 90 days? Research shows it takes about three months to establish a new habit and see lasting change. Over the next 90 days, your daily gratitude practice will **rewire your brain to focus on the positive, fostering resilience and well-being.** This period is your opportunity to create meaningful change and develop a deeper connection with yourself.

We are excited to embark on this journey with you. Let's start today and discover the incredible impact of gratitude together.

With gratitude,
Karen & Robin

Practice
GRATITUDE

HOW TO BE MORE GRATEFUL



journal
your gratitude

make visual
reminders

engage
your senses

watch your
self-talk

express
yourself



Stop Suffering Start Healing

GRATITUDE JOURNAL

DATE: _____

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TODAY I'M GRATEFUL FOR

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WATER INTAKE



WEATHER



TODAY'S AFFIRMATION

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AFFIRMATIONS

TAKE THE REMINDER TAG THAT YOU NEED MOST TODAY

Sometimes, we all need reminders, right? So, take a tag below that you really need to hear the most today. Or maybe it's for a friend. Whatever you need it for, take what you need and enjoy a little bit of positivity.



Just remember... you got this!

I am loved by those who matter

There is sunshine where I look

Happiness is a choice. I choose it!

Today I will try the best I can

I can do anything I set my mind to

I am worthy of great things

I will focus on today instead of yesterday

Today is a new day. Let's live it!

I am capable of love and being loved

I choose positivity over negativity

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Self-Care Practices

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SOCIAL SELF-CARE

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FINANCIAL SELF-CARE

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SELF-CARE NOTES

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Vision Board

WEALTH GOAL		HEALTH GOAL	
LOVE	FAMILY	CAREER	
SPIRITUALITY		KNOWLEDGE	
NOTES			

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What I Learned in 30 Days

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SETTING SMART GOALS

Goal 1:

Specific — What do I want to accomplish and why?

Measurable — How will I know when I have accomplished it?

Achievable — How can I accomplish this goal?

Relevant — Is this the right time for me to be working towards this goal?

Timebound — When do I want to accomplish this goal by?

Goal 2:

Specific.

Measurable.

Achievable.

Relevant.

Timebound.

Goal 3:

Specific.

Measurable.

Achievable.

Relevant.

Timebound.

Goal 4:

Specific.

Measurable.

Achievable.

Relevant.

Timebound.

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What I Learned in 60 Days

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Say Nice Things

TO YOURSELF

You Are
Beautiful

Believe
Yourself

Everything
Will Be
Okay

You Are
Strong

Myself
Is Top
Priority



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30 Days Challenge to Self-Care Yourself

Practice breathing exercise

Create a vision board

Make a fun activity plan

Write a dream journal

Hang out with your best friends

Volunteer at a shelter

Write a gratitude list

Plan a healthy meal

Do a fun activity

Practice a favorite hobby

Meditate and do yoga

Play with your pet

Have a bubble bath

Cook your favorite dish

Read your favorite novel

Learn a new language

Do yoga in the morning

Listen to your favorite music

Track your positive habits

Write a story in your journal

Drink 8 glasses of water

Go for a late night walk

Avoid social media all day

Go to bed before midnight

Take a rest for a while and challenge yourself to be more caring for your own body, mind, and soul.



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HOW TO PRACTICE MINDFULNESS

Practicing mindfulness involves being fully present and aware of your thoughts, feelings, bodily sensations, and the environment around you.

HERE'S A STEP-BY-STEP TO GET STARTED WITH MINDFULNESS PRACTICE:

- Choose a comfortable space
- Set aside some time
- Perform exercise
- Pay attention to your breath
- Acknowledge your thoughts
- Scan and move your body
- Sensory awareness
- Observe your surroundings
- End it well and mindfully



More mindfulness tips at
www.stopsufferingbook.com

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What I Learned in 90 Days

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Dear Reader,

Thank you for choosing our Gratitude Journal, A Daily Guide to Finding Joy. We hope it has brought positive transformation into your daily life.

As co-authors of the book, "Stop Suffering Start Healing," we are passionate about providing tools for mental health and personal growth.

You can find our book on Amazon and at learn more at www.stopsufferingbook.com

Check out our growing collection of PDFs on Etsy for more resources, art, cook books, and childrens books to support your wellness journey.

With gratitude,

Karen & Robin



STOP SUFFERING START HEALING



For more FREE downloads visit cayerconsulting.com/fearless-confidence
stopsufferingbook.com/freehealingtools



90 Day

Gratitude Journal

A Daily Guide to Finding Joy

Crafted by Fellow Gratitude Seekers,
Karen Cayer CPC & Robin Woolley LCSW



Co-Authors of the Award Winning &
Amazon Best Selling Book
Stop Suffering Start Healing