



Find joy in the little things

Gratitude Journal



Welcome to your Gratitude Journal!

Gratitude is a powerful practice that can bring more peace, happiness, and balance to your daily life. Taking just a few minutes each day to reflect on what you appreciate helps shift your focus from what is missing to what is already beautiful and enough.

Use this journal to capture moments, people, and things you are thankful for — no matter how small. Your heart and mind will thank you.

Remember: There is no right or wrong way to practice gratitude. Just be honest, kind, and present with yourself.

How to Use This Journal

- Set aside 5 minutes each day, ideally in the morning or before bed.
- Write 3 things you are grateful for today.
- Reflect briefly on why you feel grateful for each.
- Use the prompts if you need inspiration.
- There is space for notes or a short daily reflection.



Date _____

Daily Gratitude Prompt
A simple moment that made me smile today was...

Today, I am grateful for:

1 _____

2 _____

3 _____

Why I feel grateful for these:

Notes, reflections



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Encouragement

Thank you for practicing gratitude with us!

Remember, gratitude is a habit you can nurture daily. Over time, it creates a positive shift in your mindset and heart.

Feel free to come back to this journal anytime you need a boost or a moment of calm.

About us

At Serenity Soul Notes, everything we create is designed with one purpose in mind — to support you on your journey to emotional well-being, personal growth, and inner peace.

We understand how overwhelming life can get. That is why we are here, to offer you gentle guidance, uplifting tools, and small daily practices that make a real difference.

On our blog (serenitysoulnotes.com) you will find free resources, helpful tips, and simple ideas to help you slow down, reconnect with yourself, and live with more intention. Whether you are looking to boost your confidence, cultivate gratitude, or build better habits, we are here for you.

In our Etsy shop ([SerenitySoulNotes](https://www.etsy.com/shop/SerenitySoulNotes)), we offer printable journals, workbooks, e-books and planners, all beautifully designed to help you take meaningful steps toward a calmer, more empowered life.

No fluff, no pressure — just thoughtful tools you can use at your own pace.

You deserve to feel supported, grounded, and inspired, even on the hardest days.

Let Serenity Soul Notes be your gentle companion along the way.

With love and encouragement,
The Serenity Soul Notes Team