

Lets start our week Journal. Place a date on each day that you write on it, so down the road you can come back to it and be grateful for where it took you.

# Seven days Journal

## MONDAY

Date: \_\_\_\_\_

*Centering thought*

*By being grateful I live in Joy*

Today I am grateful for:

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# Tuesday

Date: \_\_\_\_\_

## Centering Thought

***My Path to Grace starts today***

Today I am grateful for these people in my life:

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# Wednesday

Date: \_\_\_\_\_

## Centering Thought

***Gratitude starts within me***

Address three qualities in your self that you are grateful for:

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# Thursday

Date: \_\_\_\_\_

## Centering Thought

**Today I am awakening the Energy of gratitude**

Connect with a time when your gratitude was reflected back to you.

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# Friday

Date: \_\_\_\_\_

## Centering Thought

***Grace comes easily to me***

Do you offer the opportunity to be grateful to you and others?

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Use the space bellow to further reflect on insights that came up for you from your experience today.



# Saturday

Date: \_\_\_\_\_

## Centering Thought

### Gratitude is replying to me today

Write down the signs that you perceive that indicate that Gratitude comes to you, such as an unexpected gift, a raise at work, free parking a synchronicity etc.

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# Sunday

Date: \_\_\_\_\_

## Centering Thought

**My spirit is always Grateful**

Write down the most outstanding moments of gratitude you had this week.

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