

Daily Gratitude Journal

A gentle space to pause, reflect, and invite calm into your day

Welcome, dear friend. This little book is an invitation — not a task. There is no right way to fill these pages, only your own honest voice. Each day, gratitude gently shifts our focus from what feels missing to the abundance that is already here, quietly waiting to be noticed. Let these pages become a soft place to land: a few minutes each morning and evening to breathe, reflect, and remember all that is good.

*“Gratitude shifts our focus from what’s missing
to the abundance already present.”*





MORNING REFLECTION

Rise gently. Begin the day with gratitude.

Today I am grateful for...

My intention for today is...

AFFIRMATION OF THE DAY

I choose peace today.



*A new morning, a new page — soft and unwritten,
waiting for whatever you bring to it.*





EVENING REFLECTION

Pause. Let the day gently settle.

What brought me joy today?

How did I nurture myself today?



"Rest now. Tomorrow is another gentle beginning."





MY AFFIRMATIONS

Words I return to, gently and often

O1 _____

O2 _____

O3 _____

O4 _____

O5 _____

O6 _____

O7 _____

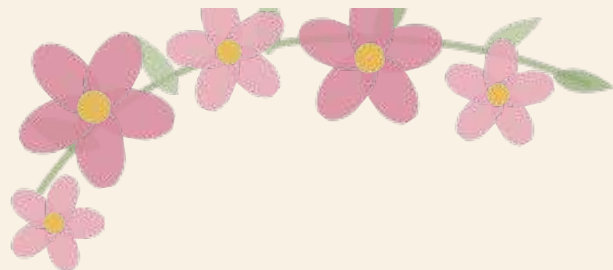
O8 _____

for example – “I am worthy of rest and renewal.”



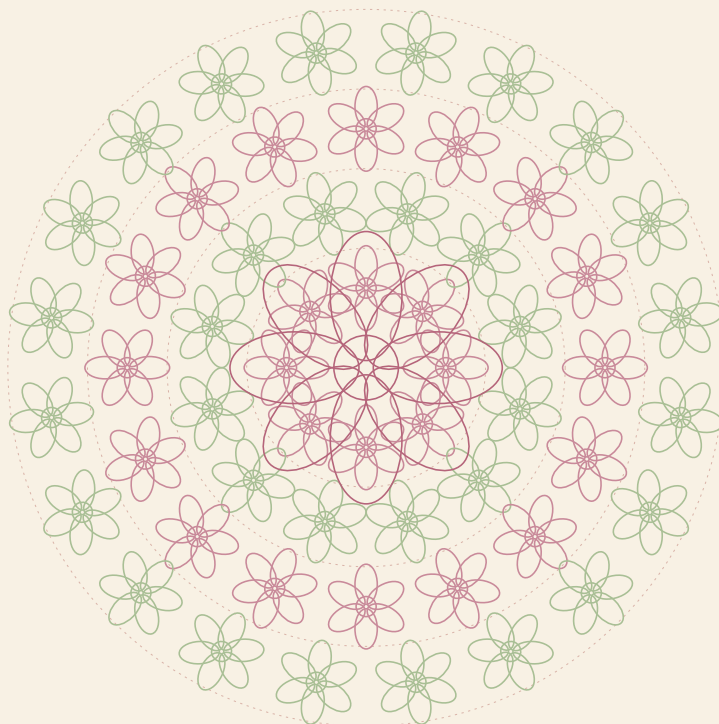
*Speak these words aloud. Let them settle into your body,
not just your mind.*





MINDFUL PAUSE

Slow down. Breathe. Be here, gently.



Inhale for four · hold for four · exhale for six

Colour, trace, or simply rest your eyes here for a moment.





WEEKLY GRATITUDE TRACKER

Notice the quiet patterns of joy

DAY

TODAY'S HIGHLIGHT

Monday

Tuesday

Wednesday

Thursday

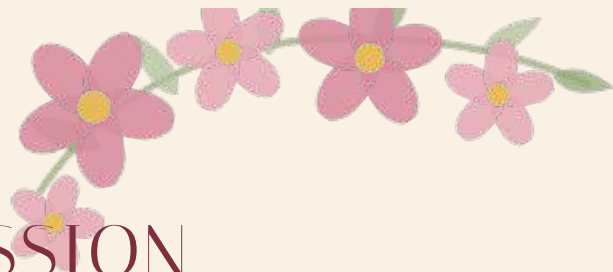
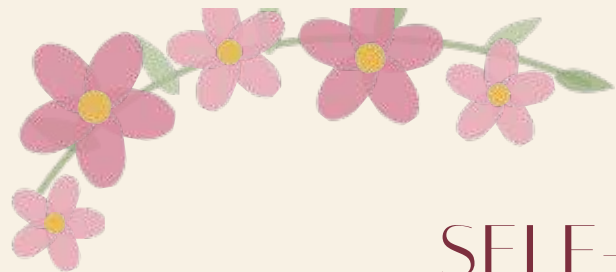
Friday

Saturday

Sunday

*Look back at your week. Where did joy quietly show up
more than once?*





SELF-COMPASSION

Speak to yourself as you would to someone you love

How can I be kinder to myself today?

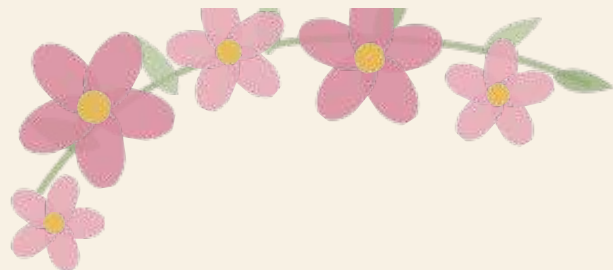
A GENTLE REMINDER

I am doing the best I can, and that is enough.



*Gentleness is not weakness. It is what allows us
to keep growing without breaking.*





VISION

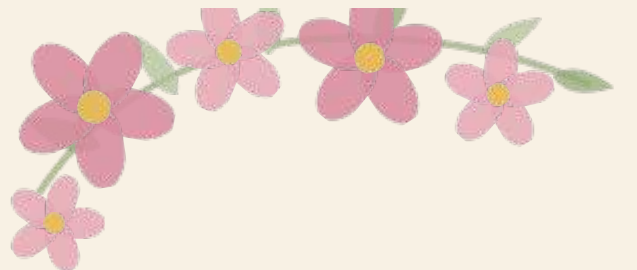
Dream gently. Invite what your heart wishes for.

What do I wish to invite into my life?



*Read this page back to yourself in a month.
Notice what has already begun to unfold.*





*"Gratitude turns what we have
into enough."*



ABOUT THE AUTHOR

Swarnambal John is the Founder of Holistic Wellness Hub, guiding women toward gentle, science-backed wellness. Through her shop, Sprout Health, she curates mindful products — soothing teas, journals, and more — to nurture both body and soul.

Created with love by Swarnambal John

Founder, Holistic Wellness Hub



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