

31 Days of Daffodils

My Gratitude Journal

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BEAUTIFULSOULS.LIFE

**I am the author
of my own
story.**

**This is what
makes me
strong.**

MADE IN
Canva



BEAUTIFULSOULS.LIFE

DAY 1

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

From your life today, who are the top six people, places, or things for which you are most grateful?

DAY 2

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

In your life today, who are you most grateful for and why?

DAY 3

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

From your early life, who do you cherish
the most and why?

DAY 4

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

Think about a recent hardship. How did you learn from it?

DAY 5

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

For what simple part of your life are you most grateful?



DAY 6

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

Who did something recently to help or
make your life easier?

DAY 7

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

For which part or parts of nature are you most grateful?

DAY 8

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

List the 10 top material things for which
you are grateful.

DAY 9

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

Write a thank you to the most influential person in your life - past or present.



DAY 10

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

Think back to where you were 5 years ago.
For what significant life changes are you
most grateful?

DAY 11

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

For what foods or beverages are you most grateful?

DAY 12

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

What can you do to show someone you are grateful for them?

DAY 13

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." —Oprah

Do you agree? Why, or why not?

DAY 14

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

What accomplishments have brought you
the most joy and fulfillment?

DAY 15

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

How difficult would your life be without
your closest loved one?

DAY 16

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

What was the last act of kindness you did?
Think of ways you can make 5 strangers
smile tomorrow.

DAY 17

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

What is your favorite family tradition?
Share what you like most about it.

DAY 18

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

What is your favorite family tradition?
Share what you like most about it.

DAY 19

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

Describe your ideal Sunday. How can you make today feel more like that day?

DAY 20

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.
Do you agree? Why, or why not?

DAY 21

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

What do you believe is one of "the little things" that is most under appreciated about you and why?

DAY 22

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

Being thankful is the healthiest and gratifying ways to live. Do you agree or disagree and why?

DAY 23

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

Reflect on your favorite childhood memory. What made it so wonderful and easy to remember?

DAY 24

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

What was something beautiful or striking you saw today and why did it impress you so positively?



DAY 25

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

What would you tell your best friend that you like most about them and why do you possess the quality as well?

DAY 26

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

What is your favorite quote about gratitude? Why does it continue to resonate with you?

DAY 27

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

What is your most embarrassing moment for which you are most grateful and how did you come to be grateful for it?

DAY 28

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

What is your favorite song? When did you first hear it and what memories does it evoke for you?

DAY 29

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

What was your favorite birthday like? How can you make more days in the year more like that day?

DAY 30

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

What three compliments do you appreciate getting from someone? Why do you like those compliments?

DAY 31

- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 - 20 minutes.
- Visualize the life you desire.

Who are the top few people, places, or things in your life that you are most grateful for today and list the reasons why.

GRATITUDE QUOTE

As you open
your eyes to
each new
sunrise, let
your
gratitude cup
be full.