



30 DAYS OF

Gratitude

EverydayAlignment.com

Helping you to align with a life you love

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Focusing on gratitude and appreciation for all the amazing things in your life, is one of the simplest and most effective ways to align with a life you love.

It's an awareness, a thankfulness of the good things in your life - in you and in the world around you.

By showing gratitude and appreciation for what you have, you naturally align with 'more' things in your life to appreciate and be grateful for.

What we feel on the inside is usually what we experience in our outer reality. Life isn't perfect but even when we are experiencing challenges, we can always find something that we feel gratitude and appreciation for - no matter how small.

One of the easiest ways to make gratitude and appreciation a habit is to keep a gratitude journal.

Whether you choose to journal in the morning, or at night, in your lunch break or when the kids are in bed.... it's up to you.

Just pick a quiet time that feels good and spend a few minutes appreciating and writing down something positive.

Writing in your journal every day (or at least a few times per week) will ensure you shine a light on the 'positive' so that the 'negative' can fade away. Challenge yourself to do it for 30 days and just see how amazing the knock on effect really is.

The following pages contain 30 gratitude journal prompts to help you contemplate the many amazing things that are in your life already.

Since we always get what we focus on, this will help you to align with and welcome in more of the same!



Best wishes
Joanne x

There is always something to be thankful for.

