

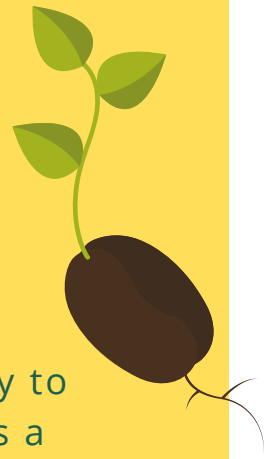
Gratitude 21 day Journal

Create more sleep, more energy and
reduce stress.

Learn how to cultivate a habit of gratitude each day to
improve your outlook on life and steer you towards a
growth mindset.

Any questions regarding this worksheet?
Want to tell me how you got on?

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Why?

Some people believe that it takes 21 days to form a habit. That once you carry something out for 21 days consistently, then habits are formed in the brain, and you will start to see some changes.

Of course, there are arguments for and against everything. But, If carrying out a gratitude journal for 21 days helps you to relieve stress, sleep better, and become more positive in your day.

Why wouldn't want to do it?

Also, 21 days is a week shorter than a month.

So why not?

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Benefits

There are endless benefits to being in gratitude, but for me, whenever I carry out a gratitude journal, it always brings me back to my truth. Helping me to align with what is and become more present in the moment. It helps me to come from a place of love, respect, and understanding.

This journal is for you to find your truth and help you remove your limitations and direct you into a growth mindset that will help you with whatever path you decide to take.

I could list the endless benefits here, but you can also google these for your own interest.

My suggestion is to try it out as you never know; you may just start to develop a growth mindset?

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How to complete the 21 day Journal

Step 1 Print the journal out and keep it next to your bedside with a pen. That way, first thing in the morning and last thing at night, your journal is close to hand.

Step 2 Everyday write 3 things that you are grateful for as you wake and just before you go to bed.
Tip: This can be anything from spending time with your loved ones to having fresh water everyday.

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Day1 am

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- 3.

Day am

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Congratulations



By consistently filling out this journal you have not only trained your brain to think more positively. You are well on the way to developing a growth mindset.

Gratitude is like the parent of happiness and the seedling that opens our hearts.

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With Michele Potter!



**A worksheet created
by Michele Potter**

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