



IDALARO
SHIVA

JOURNAL

A safe place to write, feel, and breathe

Welcome

Thank you for choosing A Gentle Gratitude Journal.

This journal was created to help you slow down and notice the good that already exists in your life.

Gratitude is not about having a perfect life.

It is not about ignoring difficult days.

It is about making space to appreciate the small moments, the lessons, the people, and the experiences that bring meaning to your life.

Some days it may be easy to find things to be grateful for.

Other days it may feel more difficult.

Both are okay.

There is no right or wrong way to practice gratitude.

Take your time.

Be honest.

And remember:

Even the smallest moments can be worth appreciating.

One day at a time.

Emotional safety statement

This journal was created to support reflection,
gratitude, and personal growth.

It is not a substitute for professional mental health
care, therapy, counseling, or medical advice.

If any question or reflection feels overwhelming,
you are encouraged to pause, skip it, or return to it
another time.

Please be kind to yourself throughout this journey.
Your wellbeing always comes first.

Take what helps.
Leave what does not.
One day at a time.



How To Use This Journal

Take a few minutes each day to complete a gratitude page.

You can use this journal:

- In the morning to start your day with gratitude
 - In the evening to reflect on your day
- At any time you need a moment for yourself

There is no perfect time and no perfect way to use this journal.

Simply answer the questions as honestly as you can.

Some days you may have many things to write.

Other days you may only write one or two things.

Both are okay.

The goal is not to find big things to be grateful for every day.

The goal is to notice the small moments that bring value, joy, comfort, or meaning to your life.

Take your time.

Write honestly.

And enjoy the process.

Gratitude Examples



Sometimes it can be difficult to know where to start.
Gratitude does not have to be about big things.
Often, the smallest things can have the biggest impact.

You can be grateful for:

- A good night's sleep
- A warm cup of coffee or tea
- A meal
- A friend
- A family member
- A pet
- A walk outside
- A peaceful moment
- Music
- A book
- Clean water
- A kind conversation
- A safe place to live
- Learning something new
- A goal achieved
- A new opportunity
- A happy memory
- A smile
- A moment of laughter
- Simply making it through a difficult day

Remember:

There is no right or wrong answer.

Anything that brings comfort, joy, support, meaning, or peace into
your life can be something to be grateful for.

Gratitude Sentence Starters

If you do not know what to write, try finishing one of these sentences:

Today I am grateful for...

Something that made me smile today was...

One thing I often take for granted is...

A person I appreciate is...

Something beautiful I noticed today was...

One thing that made today easier was...

A lesson I am grateful for is...

One thing I love about my life right now is...

A memory I am grateful for is...

One thing I appreciate about myself is...

Something I am thankful for today is...

A small moment that brought me joy today was...

One thing I am looking forward to is...

Date: _____

Day: _____



Today I am grateful for:

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2. _____
3. _____

Why am I grateful for these things?

Something that made me smile today:

One thing I appreciate about myself today:

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Thank You

Thank you for taking the time to slow down and practice gratitude.

No matter how big or small your answers were, every moment of gratitude matters.

Before you close this journal, take a moment to look back.

What am I most grateful for?

What are some moments I never want to forget?

What do I appreciate most about my life today?

Final Thoughts

Gratitude does not change the past.
But it can change how we see the present.

Keep noticing the good.

Keep appreciating the small moments.

And remember:

There is always something to be grateful for.
