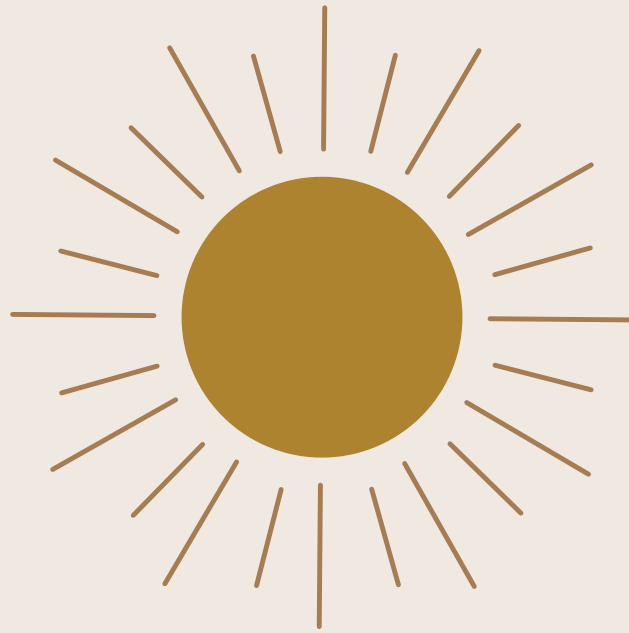




Gratitude Journal

www.healthcoached.co.uk

Hello & welcome

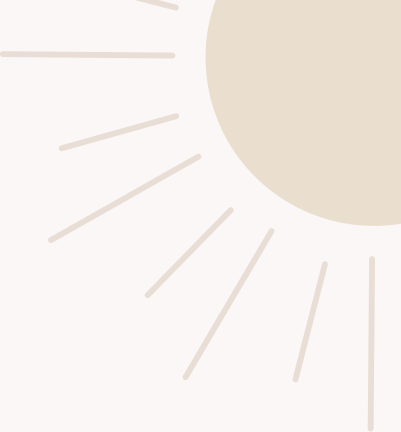
I'm NAME AND JOB TILE [THINK MARKETING MESSAGE GO IN HERE].

This 7-day challenge. It could be one of the best things you do all year. You see, gratitude isn't just a "nice to have." It's one of the simplest, most powerful tools we have for improving wellbeing. And it's free.

Research shows regularly practising gratitude can:

- Boost mood and reduce symptoms of anxiety and depression.
- Improve sleep quality (people who write down 3 good things before bed actually sleep longer and better).
- Strengthen relationships - expressing gratitude builds connection and reduces conflict.
- Support physical health - studies link gratitude to lower blood pressure, better immunity, and reduced inflammation.
- Build resilience - people who practise gratitude cope better with stress and setbacks.

It literally changes your brain. Neuroscience proves gratitude activates the prefrontal cortex (linked to decision-making and focus) and the brain's reward system (dopamine and serotonin release). Over time, these neural pathways strengthen, making it easier to default to a positive outlook.



*“Gratitude
turns what we
have into
enough.”
Aesop*



Your gratitude toolkit

- **Journal or notebook:** Write down 1–3 things daily. It doesn't need to be profound — in fact, the smaller the better.
- **Gratitude jar:** Drop in little notes about good moments, then read them back when you need a boost.
- **Reminders:** Link gratitude to something you already do — brushing your teeth, turning on the kettle, or switching off your laptop at night.
- **Prompts:** Use a challenge (like this one) or a journal page to give you fresh angles and keep it interesting.
- **Community:** Share your gratitude with others. Saying thank you out loud or in writing strengthens relationships and spreads positivity.



Continuing your practice

The last seven days have shown you just how powerful gratitude can be when you practise it daily. But you don't have to stop here. Gratitude is like any other habit — the more you repeat it, the more natural it becomes, and the bigger the ripple effect on your mood, sleep, relationships, and resilience.

Here are some ways to extend your practice:

- Stick with a simple daily ritual — three things in the morning or evening.
- Try different angles with fresh prompts (see the list that follows).
- Bring your family or friends into it with a gratitude jar, walk, or shared “thankful time.”
- Use anchors — link gratitude to brushing your teeth, putting on the kettle, or turning off your laptop.
- Mix it up — some days journal, some days voice notes, some days photos.

Remember, gratitude isn't about ignoring problems or pretending life is perfect. It's about noticing the good alongside the challenges, so you build more balance and resilience.



GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR (NIGHTTIME RELECTION)

1

2

3

THINGS THAT MADE ME SMILE TODAY







Daily Affirmation

NOTES & FREE THOUGHTS



GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON
THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR (MICRO MOMENTS)

1

2

3

THINGS THAT MADE ME SMILE TODAY







Daily Affirmation

NOTES & FREE
THOUGHTS



GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON
THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR (THANK YOU, BODY)

1

2

3

THINGS THAT MADE ME SMILE TODAY







Daily Affirmation

NOTES & FREE
THOUGHTS



GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON
THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR (NOURISHMENT)

1

2

3

THINGS THAT MADE ME SMILE TODAY







Daily Affirmation

NOTES & FREE
THOUGHTS



GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON
THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR (PEOPLE)

1

2

3

THINGS THAT MADE ME SMILE TODAY







Daily Affirmation

NOTES & FREE
THOUGHTS



GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON
THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR (TOUGH TIMES)

1

2

3

THINGS THAT MADE ME SMILE TODAY







Daily Affirmation

NOTES & FREE
THOUGHTS



GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON
THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR (FUTURE SELF)

1

2

3

THINGS THAT MADE ME SMILE TODAY







Daily Affirmation

NOTES & FREE
THOUGHTS



GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON
THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

1

2

3

THINGS THAT MADE ME SMILE TODAY





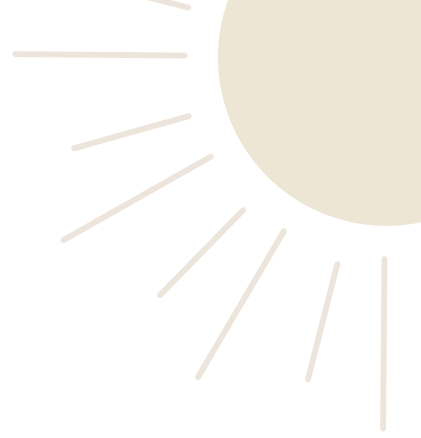


Daily Affirmation

NOTES & FREE
THOUGHTS



More prompts



1. One word that sums up today
2. A smell you love
3. A sound that comforts you
4. Someone you haven't thanked in a while
5. A place that feels safe
6. A recent small win
7. A memory that still makes you smile
8. Something that made you laugh this week
9. A meal you enjoyed
10. A kindness you received
11. A kindness you gave
12. Your favourite part of the morning
13. Your favourite part of the evening
14. Something you're looking forward to
15. A belief that's helped you recently
16. A skill you're glad you have
17. Something in nature you appreciate
18. A piece of technology that makes life easier
19. An item of clothing that makes you feel good
20. Someone who inspires you
21. A moment today you want to remember
22. A book, film, or podcast you're glad you discovered
23. A teacher or mentor who influenced you
24. Something about your home you appreciate
25. Something your body allowed you to do today
26. A piece of advice that stuck with you
27. A challenge that made you stronger
28. Something beautiful you saw today
29. Something that made your life easier today
30. An object you use every day but often overlook
31. A person who makes you feel supported
32. A favourite snack or drink
33. Something that saves you time
34. A holiday or trip memory
35. A friendship that's lasted
36. A friendship that's new
37. A mistake that taught you something
38. A habit you're glad you started
39. A habit you're glad you stopped
40. Something funny your child, friend, or pet did
41. A moment of quiet you appreciated
42. A colour you love
43. A scent that triggers a happy memory
44. Someone who believed in you
45. Something you've learned recently
46. A moment of creativity you enjoyed
47. A part of your daily routine you'd miss if it were gone
48. Something about your job or work that you value
49. A comfort from childhood you still enjoy
50. Something you're proud of today



NOTE TO SELF

Dear....

YOU'VE COME SO FAR IN YOUR GRATITUDE PRACTICE. LOOK AT EVERYTHING YOU'VE NOTICED AND APPRECIATED ALREADY. KEEP UP THE AMAZING WORK TO STAY CONNECTED TO THE GOOD IN YOUR LIFE.

FROM DOING THIS WORK, YOU NOW KNOW HOW IT FEELS TO PAUSE, REFLECT, AND SHIFT YOUR FOCUS WITH AWARENESS AND INTENT. I'M SO VERY PROUD OF YOU.

Love you always

Signed



Invest in the support you need to develop healthy habits & reach *your goals*.

Introducing [insert business name]

Add your own info here. Who do you help and what are the problems they typically face (make sure this ties in with this ebook)? How do you help them?

Introduce yourself as the practitioner who can help them. What sets you apart from others in your niche? What do they need to know about your approach/ your ethos before choosing you as a coach?

Mention credibility-builders - the reasons why the reader can trust you to do what you do. Or even something about your back story, especially if it ties in particularly with this ebook topic.

Finish by warmly inviting them to book a call with you - give them the link to do that.

