



the
**GRATITUDE
GROWTH
JOURNAL**

A JOURNAL FOR PEOPLE
WANTING TO SHIFT THEIR
MINDSET WITH GRATITUDE

a journal from

Sober*AF*.org
soberaf.org

IF ANY OF THIS SOUNDS LIKE YOU...

- You tend to feel lonely and disconnected
- You often feel anxious and out of control, almost like life is bouncing you around
- You would love to improve the quality of your relationships
- Your life seems filled with stress, frustration and problems
- Yes, you want to change things and you also have an idea of what you'd need to do to change, but you have a hard time finding motivation and staying consistent
- To be honest, you find most people and many situations annoying
- You're not as happy and joyful as you used to be and find yourself asking if what you've been experiencing over the last years really is all there is to life
- Depressed is a strong word but yes... Some days it feels like you a fit
- You want more and at the same time you don't really care

This journal is right for you!

There are many studies published on this topic and they support an association between gratitude and an individual's well-being.

I CAREFULLY DESIGNED THIS JOURNAL TO HELP YOU INCORPORATE MORE GRATITUDE INTO YOUR DAILY LIFE SO THAT YOU CAN:

- Boost your mood and happiness
- Attract more joyful, supportive and enthusiastic people into your life
- Feel more inspired and motivated on a daily basis
- Become more energized and reconnected with your true self so that you can start to show up consistently and build the life you desire
- Reclaim your power and handle life's challenges with more grace and ease
- Switch from feeling overwhelmed, exhausted and annoyed to lifting up and inspiring others with your good vibe
- Increase your sense of belonging
- Improve your relationships because gratitude makes you kinder, more supportive and feeling more connected. Gratitude helps us to see the best in people which is exactly what brings out the best of people.
- Feel more optimistic which makes you also feel more in control over life
- Benefit from all the other amazing benefits of practicing gratitude studies have reported: Better sleep, reduced stress, better cardiovascular and overall health, being inspired to do more things that are good for you like eating healthy and exercise, reaching your goals because you feel more motivated and become more creative.

HOW TO GET THE MOST OUT OF THIS JOURNAL

For the next 28 days, use the following journal pages to:

Step #1: Practice one gratitude affirmation per week

Step #2: Everyday write down three things you are grateful for

Step #3: Everyday write down 3 good things that happened

Step #4: Everyday choose 1 of the 28 journal prompts below to dig a bit deeper



MEET THE AUTHOR

Adam Allard Recovery Coach

Through my journey, I have become a Recovery Coach through the Mcshin Foundation and the White Bison Wellbriety movement, as well as received my Chemical Dependency Counselor I, Peer Support Professional III, and Traditional Peer Support Professional III certifications from the Alaska Behavioral Health Commission.



AFFIRMATIONS

WEEKLY AFFIRMATIONS

AFFIRMATION WEEK 1

"I can find joy in the smallest things like a cup of coffee or tea. Because I am seeing more blessings, I call more blessings into my life."

AFFIRMATION WEEK 2

"I am open to and appreciative of all the opportunities that will come into my life today and will allow me to show up as my highest self and/or will spark positive change and growth."

AFFIRMATION WEEK 3

"I am thankful for my strength and resilience because I know I can confidently handle any adversity and challenge that comes my way."

AFFIRMATION WEEK 4

"I am a very grateful person. Abundance is a state of mind. That's why I practice gratitude on a daily basis."

The background of the image shows three white ceramic coffee cups filled with coffee and topped with latte art. The cups are arranged in a diagonal line from the top right to the bottom left. The latte art includes a heart shape in the top cup and a leaf-like pattern in the middle and bottom cups. The cups are set on a light-colored wooden surface. A large, semi-transparent white circle is overlaid on the left side of the image, containing the text.

WEEK 1

“I can find joy in the smallest things like a cup of coffee or tea.

Because I am seeing more blessings, I call more blessings into my life.”

day #1

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I can find joy in the smallest things like a cup of coffee or tea. Because I am seeing more blessings, I call more blessings into my life."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

Did you do something nice for someone today? It can be something as little as a smile. Write it down. What are small things you can do to spark joy in others tomorrow?

day #2

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I can find joy in the smallest things like a cup of coffee or tea. Because I am seeing more blessings, I call more blessings into my life."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

Did someone do something nice for you today? It can be as little as a smile. How can you be more mindful and appreciative of small acts of kindness?

day #3

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I can find joy in the smallest things like a cup of coffee or tea. Because I am seeing more blessings, I call more blessings into my life."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

What are things you love about the current season?

day #4

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I can find joy in the smallest things like a cup of coffee or tea. Because I am seeing more blessings, I call more blessings into my life."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

What have you done this week that makes you feel good about yourself?

Blank writing area with horizontal lines.

day #5

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I can find joy in the smallest things like a cup of coffee or tea. Because I am seeing more blessings, I call more blessings into my life."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

How can you show up in a way that is more inspiring for others? How can you become a source of love, light and joy in this world?

day #6

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I can find joy in the smallest things like a cup of coffee or tea. Because I am seeing more blessings, I call more blessings into my life."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

What do you love about your family? What are joyful little moments you can think about?

day #7

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I can find joy in the smallest things like a cup of coffee or tea. Because I am seeing more blessings, I call more blessings into my life."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

Take a few deep breaths. Scientists say the odds of you being born are at least 1 in 400 trillion. How do you feel about being such a miracle? How can you embrace this fact on a daily basis?

A woman wearing a white dress and a wide-brimmed hat is giving a thumbs-up gesture on a beach at sunset. The sun is low on the horizon, creating a warm, golden glow over the water and sky. The scene is framed by a large, semi-transparent white circle.

WEEK 2

“I am open to and appreciative of all the opportunities that will come into my life today and will allow me to show up as my highest self and/or will spark positive change and growth.”

day #8

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am open to and appreciative of all the opportunities that will come into my life today and will allow me to show up as my highest self and/or will spark positive change and growth."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

Set a 5-minute timer on your phone. Use this time to write down things, people and moments you are grateful for. Write down as many as possible.

day #9

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am open to and appreciative of all the opportunities that will come into my life today and will allow me to show up as my highest self and/or will spark positive change and growth."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

day #10

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am open to and appreciative of all the opportunities that will come into my life today and will allow me to show up as my highest self and/or will spark positive change and growth."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

Recap: What happened today? How was your day? Challenge yourself to only use positive and empowering words.

day #11

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am open to and appreciative of all the opportunities that will come into my life today and will allow me to show up as my highest self and/or will spark positive change and growth."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

What was an unpleasant or negative situation that recently happened? What did you tell yourself that the situation means? Now challenge yourself to find new, more positive meanings. How would the most grateful, patient, forgiving version of yourself think about the situation? What does your highest-self, that is 80 years old and has seen it all, tell you about how to best think about the situation?

day #12

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am open to and appreciative of all the opportunities that will come into my life today and will allow me to show up as my highest self and/or will spark positive change and growth."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

*Who are 3 people in your life that have had a positive influence on you?
What do you like about them? What are some great memories with them?*

day #13

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am open to and appreciative of all the opportunities that will come into my life today and will allow me to show up as my highest self and/or will spark positive change and growth."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

Imagine you were born in the 18th century. Thinking about that: What interventions, products, developments in society, etc. are you grateful about having?

day #14

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am open to and appreciative of all the opportunities that will come into my life today and will allow me to show up as my highest self and/or will spark positive change and growth."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

What is your favorite place in the world? Describe it in detail and think of everything you really like about it.



WEEK 3

*“I am thankful for my strength
and resilience because I know I
can confidently handle any
adversity and challenge that
comes my way.”*

day #15

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am thankful for my strength and resilience because I know I can confidently handle any adversity and challenge that comes my way."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

day #16

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am thankful for my strength and resilience because I know I can confidently handle any adversity and challenge that comes my way."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

What were the 3 best days of your life so far? What made them special?

day #17

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am thankful for my strength and resilience because I know I can confidently handle any adversity and challenge that comes my way."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

List 3 moments that made you incredibly proud of yourself.

day #18

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am thankful for my strength and resilience because I know I can confidently handle any adversity and challenge that comes my way."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

What was a moment when you positively surprised others and yourself?

A series of 24 horizontal lines for writing, arranged in a column.

day #19

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am thankful for my strength and resilience because I know I can confidently handle any adversity and challenge that comes my way."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

What do you like most about the place you live in? Think of 5 places that would be worse to live in and why you prefer living where you currently live.

day #20

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am thankful for my strength and resilience because I know I can confidently handle any adversity and challenge that comes my way."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

Think of a person you have never met but that has helped you in your life in some way.

day #21

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am thankful for my strength and resilience because I know I can confidently handle any adversity and challenge that comes my way."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

What are your favorite parts about your daily routines?



expression
unconditional love
attitude JUST BE
wisdom intention
faith awareness
healing choice

WEEK 4

*"I am a very grateful person.
Abundance is a state of mind.
That's why I practice gratitude
on a daily basis."*

day #22

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am a very grateful person. Abundance is a state of mind. That's why I practice gratitude on a daily basis."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

What was an obstacle you recently faced and how did you overcome it?

day #23

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am a very grateful person. Abundance is a state of mind. That's why I practice gratitude on a daily basis."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

Think of 5 reasons why it is helpful for you and the ones you love to look at challenges and setbacks as growth opportunities.

day #24

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am a very grateful person. Abundance is a state of mind. That's why I practice gratitude on a daily basis."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

What is a major lesson you learned from growing your business or in your job?

day #25

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am a very grateful person. Abundance is a state of mind. That's why I practice gratitude on a daily basis."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

Blank lined paper for writing notes.

day #26

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am a very grateful person. Abundance is a state of mind. That's why I practice gratitude on a daily basis."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

List 10 qualities you like about yourself.

Blank lined writing area with horizontal lines.

day #27

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am a very grateful person. Abundance is a state of mind. That's why I practice gratitude on a daily basis."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

Think of a moment/situation that made you feel really courageous.

day #28

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am a very grateful person. Abundance is a state of mind. That's why I practice gratitude on a daily basis."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

Who has forgiven you about a mistake you made in the past?
