

the
GRATITUDE
GROWTH
JOURNAL



DEB ETERNAL | MINDFULNESS

A journal for people wanting to
SHIFT THEIR MINDSET WITH
GRATITUDE

the

GRATITUDE GROWTH JOURNAL

A JOURNAL FOR INDIVIDUALS
AIMING TO TRANSFORM THEIR
MINDSET THROUGH GRATITUDE.



a journal from
DEB ETERNAL | MINDFULNESS

IF ANY OF THIS RESONATES WITH YOU...

Feeling like a lone wolf? Life tossing you around like a salad? Relationships need a boost? Stress, frustrations, and annoyances piling up? You've got ideas for change but the motivation train hasn't stopped at your station? It's like you're stuck in a grey cloud, not quite sure if this is all there is to life. If this sounds like your playlist, this journal is your jam! Dive in and let's sprinkle some gratitude on those storm clouds of life!

I HAVE THOUGHTFULLY CRAFTED THIS JOURNAL TO ASSIST YOU IN INTEGRATING MORE GRATITUDE INTO YOUR EVERYDAY ROUTINE, ENABLING YOU TO:

- Amp up your mood and sprinkle some happiness
 - Attract a posse of joyful, supportive, and high-fiving buddies into your world
 - Get your daily dose of inspiration and motivation
 - Rev up your energy and reconnect with your awesome self to start crafting the life of your dreams
 - Embrace your inner superhero and tackle life's hurdles with style and grace
 - Swap out those overwhelmed, exhausted vibes for a burst of positivity that uplifts and inspires those around you
 - Feel a stronger sense of belonging
 - Supercharge your relationships by sprinkling kindness and connection all around.
- Gratitude helps us see the best in others, which in turn brings out their best.
- Embrace a sunny outlook that puts you in the driver's seat of your life

Reap the countless perks of gratitude, from improved sleep and reduced stress to better overall health and a kick to pursue healthy habits like eating well and staying active. Watch as your boosted motivation and creativity help you smash those goals!

HOW TO GET THE MOST OUT OF THIS JOURNAL

For the upcoming 28 days, utilize the provided journal pages to:

- Step #1: Focus on practicing one gratitude affirmation weekly
- Step #2: Daily, jot down three things you are grateful for
- Step #3: Daily, record three positive events that occurred
- Step #4: Each day, select one of the 28 journal prompts to explore further



MEET THE AUTHOR

Hi, my name is Deb

I've experienced many challenges and understand the stress of striving for a peaceful life in a world full of expectations. I am here to support you in becoming the best version of you.

Namaste`

DEB ETERNAL | MINDFULNESS



AFFIRMATIONS

WEEKLY AFFIRMATIONS

AFFIRMATION WEEK 1

"I find happiness in the tiniest of delights, like a cozy cup of coffee or tea. When I start noticing the good, more good vibes come my way."

AFFIRMATION WEEK 2

Bring it on, universe! I'm ready for all the cool chances coming my way today to shine bright like a diamond or stir up some awesome vibes and personal growth!

AFFIRMATION WEEK 3

"Grateful for my inner powerhouse and tough spirit! Bring on the challenges - I've got this!"

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."

WEEK 1

"I find happiness in the tiniest of delights, like a cozy cup of coffee or tea. When I start noticing the good, more good vibes come my way."

day #1

DAILY GRATITUDE

TODAY'S AFFIRMATION

"When I begin to appreciate the positive things, more good vibes start flowing towards me."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

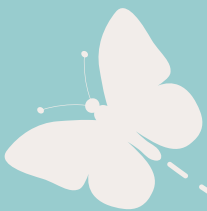
TODAY'S GRATITUDE JOURNAL
PROMPT

Have you sprinkled kindness around today? Even a tiny gesture like a smile counts! Jot it down. Now, brainstorm some little acts that could light up someone's day tomorrow!



A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.

Begin
EACH WITH
DAY ((A))
grateful
HEARTS



day #2

DAILY GRATITUDE

TODAY'S AFFIRMATION

*"I attract more blessings into my life as I
acknowledge the abundance I already
have."*

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?

A large, blank, lined page for writing, framed by a white border with a scalloped edge. The page is decorated with teal leaves in the top left and bottom right corners. The page contains 12 horizontal lines for writing.



day #3

DAILY GRATITUDE

TODAY'S AFFIRMATION

*"I bask in the sun's warm embrace and
dance to the rhythm of raindrops. I
cherish each and every season."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

What are 3 things you love about the current season?

A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.



gratitude
CHANGES
every
thing



day #4

DAILY GRATITUDE

TODAY'S AFFIRMATION

*"I wash away the bad vibes of the day
and give thanks for taking care of this
unique body!"*

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?*

A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.

A white butterfly is in the top right corner, with a dashed line trailing from it towards the word 'FIND'. A starburst graphic is to the left of 'FIND'.

FIND
GRATITUDE

IN ALL THE
moments

A white butterfly is in the bottom left corner, with a dashed line trailing from it towards the word 'moments'. A starburst graphic is to the right of 'moments'.

day #5

DAILY GRATITUDE

TODAY'S AFFIRMATION

*"I appreciate all the amazing individuals
who are out there sharing inspiration and
who inspire me to be the best version of
myself.."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

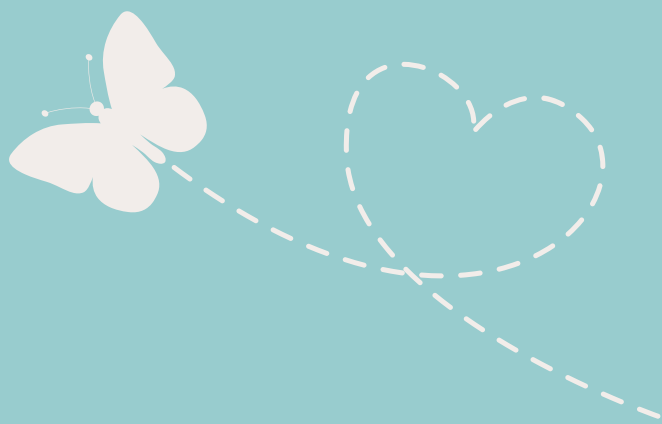
How can you show up in a way that is more inspiring for others? How can you become a source of love, light and joy in this world?



A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves on the left and right sides. The page is set against a teal background.



Love
yourself



day #6

DAILY GRATITUDE

TODAY'S AFFIRMATION

*"I am thankful for my family and friends,
valuing their distinct and charming
individuality."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

*What makes your family awesome? Share those
heartwarming moments that bring a smile to your face!*

A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.



THERE'S
always
SOMETHING TO BE
THANKFUL
for



day #7

DAILY GRATITUDE

TODAY'S AFFIRMATION

*"I'm thankful for being alive and marvel
at the wonderful mess that is me."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

Take a breather and ponder this mind-blowing fact: your existence is like winning a cosmic lottery with odds of at least 1 in 400 trillion! How cool is that? Now, think about weaving this extraordinary truth into your everyday adventures.

A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.



FORGIVE

YOURSELF



WEEK 2

*Bring it on, universe! I'm
ready for all the cool
chances coming my way
today to shine bright like a
diamond or stir up some
awesome vibes and
personal growth!*

day #8

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I welcome and value all the opportunities that will appear in my life today, enabling me to present my best self and ignite positive transformation and progress."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

Set your phone's timer for 5 minutes and have a whirlwind gratitude party! Jot down everything and everyone that sparks joy in your life. How many can you squeeze in before the timer buzzes? Let the gratitude games begin!

A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.



day #9

DAILY GRATITUDE

TODAY'S AFFIRMATION

"At every sunrise, there are fresh opportunities to express gratitude. I am determined to seek out joy in every moment."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

Take a trip down memory lane to yesterday's scribbles and choose the top 3 gems that light up your heart. Dive deeper into why these treasures bring you joy. Let gratitude wash over you - soak in the warmth, take a deep breath, and let your heart bloom with appreciation.

A blank, lined page from a journal, framed by a white border with a scalloped edge. The page is cream-colored with horizontal brown lines. There are three teal leaf-like shapes in the top left corner and three teal leaf-like shapes in the bottom right corner. The page is set against a teal background.



JUST
breathe



day #10

DAILY GRATITUDE

TODAY'S AFFIRMATION

*"I'll cherish the good parts of every day and take notes
from the not-so-great ones."*

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.*

A blank, lined page from a journal. The page is cream-colored with horizontal brown lines. It is framed by a white, hand-drawn style border. There are three teal leaf-like shapes in the top left corner and three in the bottom right corner. The page is set against a teal background.



• YOU ARE •
Stronger
THAN
YOU THINK



day #11

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I will choose uplifting and encouraging words to inspire others throughout the day that will in turn inspire me."

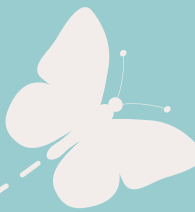
3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

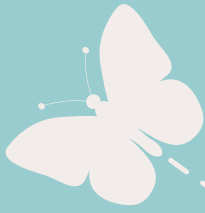
TODAY'S GRATITUDE JOURNAL
PROMPT

*Write about a recent bummer. What story did you spin around it?
Now, let's flip the script! Imagine your super grateful, zen-like
self taking a crack at it. And hey, why not channel your wise 80-
year-old self - what sage advice would they drop on you about
this hiccup?*

A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.



THERE ARE
(SO) many
BEAUTIFUL
reasons
TO BE
happy



day #12

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I'm like a sponge soaking up all the good vibes from everyone I meet to keep my happy meter on high!"

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

*Who are the top three individuals currently inspiring you
and bringing magic into your life? What qualities make
them shine, and what wonderful memories do you cherish
with them?*

A blank, lined page from a gratitude journal. The page is cream-colored with horizontal brown lines. It is framed by a thick white border with a scalloped edge. There are three teal leaf-shaped accents in the top left corner and three in the bottom right corner. The page is set against a teal background.



THROW Kindness AROUND <>



day #13

DAILY GRATITUDE

TODAY'S AFFIRMATION

*"I appreciate the innovative inventions and time-saving
gadgets that have enhanced my life."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

If you were a time traveler born in the 18th century, what modern marvels and advancements would make you do a happy dance of gratitude today?

A large, blank, lined page for writing, framed by a white border with a scalloped edge. The page is decorated with teal leaf-like shapes in the top left and bottom right corners. The page contains 12 horizontal lines for writing.

A decorative dashed heart shape with a butterfly at the top right, connected by a dashed line.

STRONGER

Than

Yesterday

A decorative dashed heart shape with a butterfly at the bottom left, connected by a dashed line.

day #14

DAILY GRATITUDE

TODAY'S AFFIRMATION

*"I appreciate the amazing places around the world that
fill my soul with joy."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

*What's your ultimate happy place on this big blue marble?
Paint a vivid picture with all the bells and whistles of why
it makes your heart go pitter-patter!*

A large, blank, lined page from a journal, framed by a white border with a scalloped edge. The page is cream-colored with horizontal brown lines. There are three teal leaf-like shapes in the top left corner and three in the bottom right corner. The page is set against a teal background.

THE
PRESENT
IS YOUR *gift*



WEEK 3

*"Grateful for my inner
powerhouse and tough
spirit! Bring on the
challenges - I've got this!"*

day #15

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I'm grateful for my superhero strength and never-give-up spirit. Bring on the challenges - I'll tackle them with a wink and a smile!"

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

*When was the last time you couldn't put a book down?
Which book was it, and what made your reading
experience so enjoyable?*

A large, blank, lined page from a journal, framed by a white border with a scalloped edge. The page is cream-colored with horizontal brown lines. There are three teal leaf-like shapes in the top left corner and three in the bottom right corner. The page is set against a teal background.

A white butterfly in the top right corner with a dashed line trailing from it, forming a heart shape around the word "PERSON".

BETHE
PERSON
(YOU
WANT TO HAVE
IN your
life

A white butterfly in the bottom left corner with a dashed line trailing from it, forming a heart shape around the word "life".

day #16

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I appreciate those wonderful days that fill my heart with joy."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

*Write about the three most joyful moments that made
your heart dance with happiness! What made these days
so special and memorable?*

A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves and a brown shadow. The page is divided into three sections by horizontal lines.

THE PAST

IS YOUR

lesson

THE PRESENT

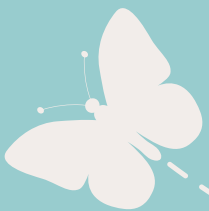
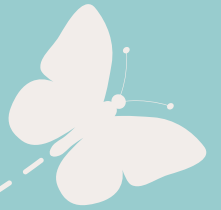
IS YOUR

gift

THE FUTURE

IS YOUR

Motivation



day #17

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I enjoy exercising my creative skills and savoring the rewards of my hard work."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

*What are three instances where you were just bursting
with pride?*

A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.



TRUST THE TIMING OF YOUR LIFE



day #18

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I appreciate that I continue to surprise myself with my dedication and learn something new every day."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

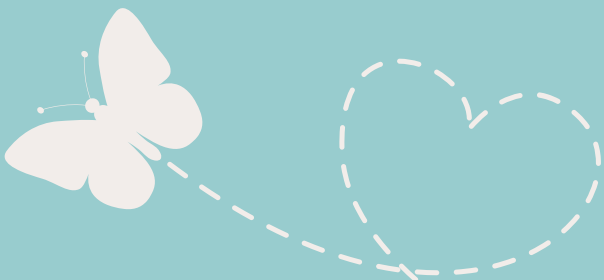
TODAY'S GRATITUDE JOURNAL
PROMPT

When did you unexpectedly transform into a delightful surprise for both yourself and those around you?

A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.



ALL
THINGS *are*
POSSIBLE



day #19

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I appreciate my home and the comfort it provides."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

What do you appreciate the most about your current living environment? Consider five places that would be less desirable to reside in, and explain why you prefer your current location.



A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.



There is no Way
to
Happiness
Happiness
is
the way

day #20

DAILY GRATITUDE

TODAY'S AFFIRMATION

I am grateful for the support of my family and friends on the days when I am not the best version of myself."

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.*

A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.



Peace
& Love



day #21

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I appreciate the opportunity to wake up every day and pursue what I am passionate about. If ever I find myself not enjoying it anymore, I have the ability to make a change."

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?
What would you change, and why?*

A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.



Let
Your
Dreams
Blossom

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 approach challenges with a positive outlook and discover new methods to overcome them."

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?



A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.



STAY PATIENT AND TRUST



day #23

DAILY GRATITUDE

TODAY'S AFFIRMATION

"Abundance is a mindset. By practicing mindfulness, I can conquer any challenge with the support of my loved ones."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

Consider five reasons why viewing challenges and setbacks as growth opportunities benefits both you and your loved ones:

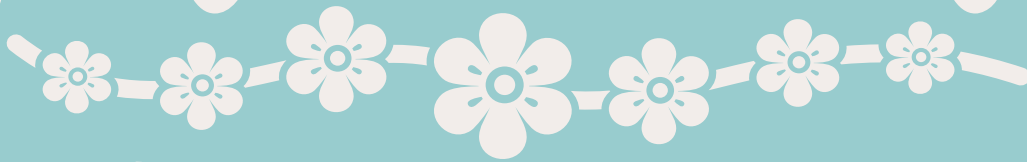
A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.



Bloom

Where you
are

Planted



day #24

DAILY GRATITUDE

TODAY'S AFFIRMATION

*"I am very grateful for the opportunity to
work on my business at my own pace."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

*What significant lesson have you gained from expanding
your business or from your job experience?*



A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.

DO SMALL
THINGS

With

Great

LOVE



day #25

DAILY GRATITUDE

TODAY'S AFFIRMATION

*"I am grateful for the lessons learned
through challenging situations."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

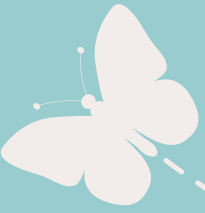
TODAY'S GRATITUDE JOURNAL
PROMPT

Think of a challenging scenario that initially seemed negative but ended up being a blessing in disguise months or years later.

A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.



A GRATEFUL
heart IS A
MAGNET
FOR
MIRACLES



day #26

DAILY GRATITUDE

TODAY'S AFFIRMATION

*"I appreciate the marvel of my body for
sustaining my life."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

Identify ten qualities that you appreciate about yourself.

A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.



Stay Positive



day #27

DAILY GRATITUDE

TODAY'S AFFIRMATION

"I am brave, one-of-a-kind, and I inspire others with my gratitude towards them."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

*Share a moment when you felt courageous despite
having doubts about yourself.*



A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves on the left and right sides. The page is set against a teal background.



TAKE YOUR
DREAMS
SERIOUSLY



day #28

DAILY GRATITUDE

TODAY'S AFFIRMATION

*"I appreciate that my past mistakes do
not shape who I am and for being
forgiven for them."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL
PROMPT

Has anyone forgiven you for a mistake you made in the past? Have you, in turn, forgiven someone for their mistake?



A large, lined journal page with a white border and a brown outline. The page is decorated with teal leaves in the top left and bottom right corners. The page is set against a teal background.



GOOVE GOT THIS

