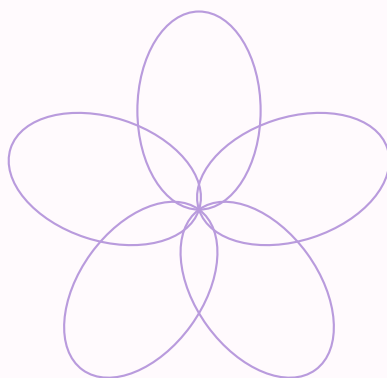




A little more gratitude

A little space to grow, every day.

Begin on any day. Return whenever you like.

Write a sentence, fill a page, or simply pause.

These pages are yours; no streaks or scores are needed.

Print at actual size, or annotate with your PDF reader.

Personal reflection only; not religious rulings or medical advice.

Day 1 / At my own pace

There is no right answer. Take what you need; leave the rest.

One small thing I appreciated today...

A detail I might otherwise have missed...

An intention I would like to carry forward...

Personal reflection only; not religious rulings or medical advice.

Day 2 / At my own pace

There is no right answer. Take what you need; leave the rest.

Someone whose kindness stayed with me...

What their care meant to me...

A small kindness I could offer...

Personal reflection only; not religious rulings or medical advice.

Day 3 / At my own pace

There is no right answer. Take what you need; leave the rest.

An everyday comfort I am thankful for...

How I felt in that moment...

One way I could make room for it again...

Personal reflection only; not religious rulings or medical advice.

Day 4 / At my own pace

There is no right answer. Take what you need; leave the rest.

Something I learned to appreciate with time...

What helped me notice it differently...

A thought I want to remember...

Personal reflection only; not religious rulings or medical advice.

Day 5 / At my own pace

There is no right answer. Take what you need; leave the rest.

A place where I felt a little more at ease...

What made that space supportive...

Something I can take from that experience...

Personal reflection only; not religious rulings or medical advice.

Day 6 / At my own pace

There is no right answer. Take what you need; leave the rest.

A small act of care I offered myself...

What I needed in that moment...

A gentle intention for tomorrow...

Personal reflection only; not religious rulings or medical advice.

Day 7 / At my own pace

There is no right answer. Take what you need; leave the rest.

A moment from this week I want to keep...

Something these pages helped me notice...

How I would like to continue, at my own pace...

Personal reflection only; not religious rulings or medical advice.