

The background of the entire page is a serene landscape. In the foreground, a rocky shoreline with smooth, grey and brown stones leads into a calm, turquoise lake. The water is still, reflecting the sky and the surrounding mountains. In the distance, majestic mountains with patches of snow and dense evergreen forests rise against a soft, overcast sky. The overall color palette is dominated by teal, blue, and earthy tones, creating a peaceful and inspiring atmosphere.

The
1 YEAR OF
GRATITUDE
JOURNAL

a journal from

LEGACY COACH CATHERINE

catherine gillard
LEGACY COACHING

WELCOME TO YOUR ONE-YEAR GRATITUDE JOURNAL!

This journal is designed to help you cultivate a sense of gratitude throughout the year by focusing on being present to acknowledge small things you are grateful for each day.

It includes 365 spaces to write down one thing you are grateful for each day, as well as 52 gratitude journal prompts to help you reflect on the things you are thankful for.

Additionally, there are 12 empowering thoughts to help you integrate gratefulness into your life and suggestions for cultivating gratitude during each year's season. Gratitude **CHANGES** your brain!

I hope this journal helps you to cultivate a sense of gratitude and happiness throughout the year and that it serves as a reminder of all the things you have to be thankful for and to help your heart hold joy as well as dealing with grief or processing pain. I used a joy jar in my hardest year to help me keep my eyes open to see there was still beauty and good in the world despite the things I was going through that were so monumentally hard. I pray this journal helps you too.

catherine gillard
LEGACY COACHING

WHY KEEP A GRATITUDE JOURNAL?

There are many benefits to keeping a gratitude journal. Some of the reasons why people choose to keep a gratitude journal include the following:

- It helps to shift your focus to the positive aspects of your life. When you take the time to write down the things you are grateful for, it can help to reframe your perspective and focus on the good things in your life.
- It can improve your mental health. Studies have shown that practicing gratitude can have a positive impact on mental health, including reducing feelings of stress, anxiety, and depression.
- It can improve your physical health. Some research suggests that gratitude can have a positive impact on physical health, including improving sleep quality, reducing inflammation, and increasing feelings of well-being.
- It can improve your relationships. Gratitude can help to foster feelings of appreciation and connection with others, which can improve your relationships and increase feelings of social support. Gratitude switches on our brain to joy, connection and the present moment.

Overall, a gratitude journal can be a simple but powerful tool for cultivating a positive and grateful mindset, which can benefit your mental and physical health, relationships, spiritual health and overall well-being.



365 DAYS OF SMALL THINGS THAT I AM GRATEFUL FOR

Take this space to write down 1 small thing you are grateful for every single day:

MONTH:

DAY:

DATE:

52

JOURNAL PROMPTS

TO HELP YOU CULTIVATE A
SENSE OF GRATITUDE AND
HAPPINESS THROUGHOUT
THE YEAR

catherine gillard
LEGACY COACHING

What is a small moment of joy you experienced today?

What is a challenge you faced today, and how did you overcome it?

What is a positive experience you had with a stranger today?

What is a talent or skill you are grateful to have?

What is something you are proud of accomplishing today?

What is something you are grateful to have learned recently?

What is a simple pleasure you are grateful for?

What is a challenge you faced in the past that you are now grateful for?

What is a quality or trait you are grateful to have in yourself?

What is a small act of kindness you witnessed today?

What is something you are grateful for in nature or the environment?

What is a piece of art or music that brings you joy?

What is a person or group you are grateful to have in your life for support?

What is a challenge you are grateful for the opportunity to learn from?

What is a skill or hobby you are grateful to have the time and resources to pursue?

What is a moment of gratitude you experienced in the past that still brings you joy today?

What is a value or belief you are grateful to hold?

What is something you are grateful to have the opportunity to do or be a part of?

What is something you are grateful for in your spiritual or religious practice?

What is something you are grateful to have the resources or means to do or have?

What is a moment of service or kindness you are grateful to have offered to someone else?

What is a talent or skill you are grateful to have been able to develop over time?

the 1 YEAR OF GRATITUDE JOURNAL

What is a moment of gratitude you experienced in your relationships or connections with others?

What is a moment of gratitude you experienced in your personal growth or development?

What is a moment of gratitude you experienced in your health or wellness?

12

EMPOWERING
THOUGHTS TO
INTEGRATE
GRATEFULNESS
INTO YOUR LIFE
THROUGHOUT
THE YEAR

The logo for Catherine Gillard Legacy Coaching features the name 'catherine gillard' in a black, elegant cursive script. The text is flanked by decorative flourishes that resemble small blue flowers. Below the name, the words 'LEGACY COACHING' are written in a simple, black, uppercase sans-serif font.

catherine gillard
LEGACY COACHING

12 EMPOWERING THOUGHTS TO INTEGRATE GRATEFULNESS INTO YOUR LIFE THROUGHOUT THE YEAR

01

"I am grateful for the ways I am growing and learning and how challenges in my life will be opportunities for more growth ." (countering the belief "I am a victim of my circumstances.")

02

"I am grateful for my strengths and abilities, and am growing in wisdom and wise trust as they allow me to navigate through difficult situations." (countering the belief "I am not capable or competent.")

03

"I am grateful for the people in my life who support and love me" (countering the belief "I am alone and unsupported.")

04

"I am grateful for the present moment, as it is a gift that I can fully engage in and enjoy." (countering the belief "I am stuck in the past or worried about the future.")

05

"I am grateful for my successes and accomplishments, as they remind me of my potential and capability." (countering the belief "I am a failure.")

06

"I am grateful for my failures and mistakes, as they have taught me valuable lessons and helped me to grow." (countering the belief "I am a failure and cannot learn from my mistakes.")

12 EMPOWERING THOUGHTS TO INTEGRATE GRATEFULNESS INTO YOUR LIFE THROUGHOUT THE YEAR

07

"I am grateful for my emotions, as they help me to connect with myself and others." (countering the belief "I should not feel or express my emotions.")

08

"I am grateful for my body, as it is a vessel that allows me to experience and engage in the world." (countering the belief "I am not good enough or deserving because of my physical appearance.")

09

"I am grateful for the resources and opportunities I have, as they allow me to live a fulfilling and meaningful life." (countering the belief "I do not have enough or am not deserving of abundance.")

10

"I am grateful for the present moment, as it is a fresh start and an opportunity to make positive choices." (countering the belief "I am stuck in the past and cannot change.")

11

"I am grateful for my ability to choose my thoughts and actions, as it allows me to make empowering choices and changes." (countering the belief "I am a victim of my thoughts and circumstances.")

12

"I am grateful for my resilience and determination, as they allow me to overcome challenges and setbacks." (countering the belief "I am weak and easily defeated.")

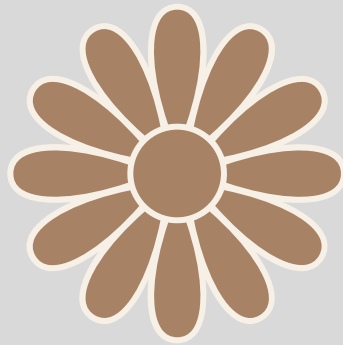
4

SEASONS OF
GRATEFULNESS

catherine gillard
LEGACY COACHING

4 SEASONS OF GRATEFULNESS

Tips for cultivating gratitude throughout the four seasons:

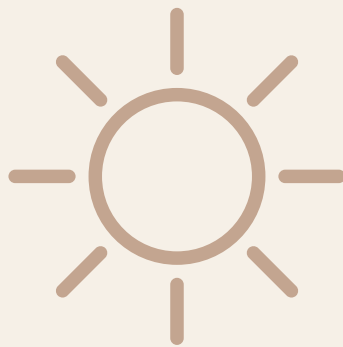


SPRING

- Take a walk and notice the new growth and beauty in nature.
- Reflect on how you have grown and changed over the winter.
- Write down three things you are grateful for each day.
- Practice mindfulness and focus on the present moment.
- Express gratitude to someone who has helped or supported you.

4 SEASONS OF GRATITUDE

Tips for cultivating gratitude throughout the four seasons:



SUMMER

- Take time to relax and enjoy the warm weather.
- Notice the small moments of joy and beauty in your daily life.
- Practice gratitude by thanking someone who has made a positive impact on your life.
- Engage in activities that bring you joy and happiness.
- Reflect on the resources and opportunities available to you.

4 SEASONS OF GRATITUDE

Tips for cultivating gratitude throughout the four seasons:



AUTUMN

- Take a walk and notice the changing leaves and beauty in nature.
- Reflect on the progress you have made toward your goals and dreams.
- Practice gratitude by expressing thanks to someone who has helped or supported you.
- Engage in activities that bring you a sense of peace and calm.
- Notice and appreciate the simple pleasures in your life.

4 SEASONS OF GRATITUDE

Tips for cultivating gratitude throughout the four seasons:



WINTER

- Take time to rest and recharge.
- Practice gratitude by expressing thanks to someone who has made a positive impact on your life.
- Reflect on the challenges you have faced and overcome.
- Engage in activities that bring you joy and happiness, such as reading or spending time with loved ones.
- Notice and appreciate the small moments of beauty and joy in your daily life.