30-DAY

Affirmation & Gratitude Journal

One calm page a day. Five minutes. A steadier mindset.

lawofattraction.family

Welcome

This journal is a simple daily practice. Each day has one affirmation to read aloud, three things to be grateful for, one small action, and a short evening reflection.

How to use it:

- Morning (2 minutes): read the day's affirmation slowly, then write your three gratitudes.
- Choose one small, realistic action you can take today.
- Evening (2 minutes): note what went well and what you learned.
- Review each week. Notice patterns in your thoughts and habits.

A note on expectations:

Affirmations and gratitude are tools for focus and mindset. They do not guarantee any particular outcome in money, relationships or health. Use this journal as a calm daily habit, alongside the practical steps and professional support you may need.

My Intention for the Next 30 Days

What do I want to feel more of?

Who do I want to practise being?

One habit I will keep for 30 days:

Start date: _____

DAY 1

Date: ____ / ____ / ______

“I am allowed to begin again today.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 2

Date: ____ / ____ / ______

“I choose calm over rush.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 3

Date: ____ / ____ / ______

“I notice what is already good in my life.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 4

Date: ____ / ____ / ______

“I take one small step, and that is enough.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 5

Date: ____ / ____ / ______

“My thoughts are tools; I can choose them with care.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 6

Date: ____ / ____ / ______

“I speak to myself with kindness.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 7

Date: ____ / ____ / ______

“I am open to good things arriving in their own time.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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Week 1 Review

My three biggest wins this week:

A thought pattern I noticed:

What I want to keep doing:

What I want to adjust next week:

DAY 8

Date: ____ / ____ / ______

“I focus on what I can do today.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 9

Date: ____ / ____ / ______

“I release comparison and walk my own path.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 10

Date: ____ / ____ / ______

“I am learning, and learning counts.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 11

Date: ____ / ____ / ______

“I welcome rest without guilt.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 12

Date: ____ / ____ / ______

“I treat my goals with patience and effort.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 13

Date: ____ / ____ / ______

“I am grateful for the people who support me.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 14

Date: ____ / ____ / ______

“I trust myself to handle what comes.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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Week 2 Review

My three biggest wins this week:

A thought pattern I noticed:

What I want to keep doing:

What I want to adjust next week:

DAY 15

Date: ____ / ____ / ______

“I let go of what I cannot control.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 16

Date: ____ / ____ / ______

“I show up for my intentions, even in small ways.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 17

Date: ____ / ____ / ______

“I make space for joy today.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 18

Date: ____ / ____ / ______

“I am more than my worst day.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 19

Date: ____ / ____ / ______

“I choose words that build me up.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 20

Date: ____ / ____ / ______

“I am building habits that fit my life.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 21

Date: ____ / ____ / ______

“I forgive myself for being human.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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Week 3 Review

My three biggest wins this week:

A thought pattern I noticed:

What I want to keep doing:

What I want to adjust next week:

DAY 22

Date: ____ / ____ / ______

“I notice progress, not just perfection.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 23

Date: ____ / ____ / ______

“I am clear about what matters to me.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 24

Date: ____ / ____ / ______

“I breathe, and I begin the next moment calmly.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 25

Date: ____ / ____ / ______

“I give myself credit for how far I have come.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 26

Date: ____ / ____ / ______

“I am open to new ideas and new answers.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 27

Date: ____ / ____ / ______

“I respect my energy and protect my time.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 28

Date: ____ / ____ / ______

“I celebrate small wins.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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Week 4 Review

My three biggest wins this week:

A thought pattern I noticed:

What I want to keep doing:

What I want to adjust next week:

DAY 29

Date: ____ / ____ / ______

“I am becoming steadier every day.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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DAY 30

Date: ____ / ____ / ______

“I carry this practice forward with gratitude.”

Today I am grateful for

1. _____

2. _____

3. _____

One small step I will take today

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How I want to feel today

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Evening reflection: what went well, and what did I learn?

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You showed up for 30 days.

That is the real practice.

Keep going, one calm page at a time.