



Magic of gratitude

A simple ritual that helps you see
what is already good

This journal is not about writing
beautifully.

It is about noticing.

Gratitude does not change what you
have.

It changes the way you see.

28 days.

A rhythm. A return.



How to use it:

- Choose a moment of the day (morning or evening)
- Pause for 1–2 minutes
- Write 3–10 things you are grateful for
- Feel them, don't just list them

Important:

Don't look for “big” things.
The small ones open the most.

Each day should follow the same structure → it creates a ritual.



Before you write:

- close your eyes
- take 3 breaths
- place your hand on your heart

After you write:

- choose one gratitude
- stay with it for 10 seconds



Day 1_ You don't have to change anything to begin. Just see what is already there.

What is already good in my life, even if I don't always notice it?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 2_Stillness is not far away.
Sometimes it is in the small things

What small thing brought me peace today?

My gratitudes:

1. _____
2. _____
3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 3_ The people in your life have contributed more than you remember.

Which person in my life deserves my gratitude?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 4_ Your body does more for you every day than you notice.

What in my body is working well?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 5_ You have already gone through things that once felt hard to carry.

What have I already overcome in my life?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?

Day 6_ Your life today contains things that were once wishes.

What do I have today that I didn't have before?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?

Day 7_Appreciating yourself does not mean being perfect.
It means beginning to see yourself.

What can I appreciate about myself?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 8_ Not all days are special. But in every day, there is something gentle.

What moment from today was more gentle than I expected?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?

Day 9_ The small things support life more than we notice.

What seemingly ordinary thing in my life actually supports me a lot?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 10_Relationships are not only about what is missing. They are also about what is already there.

Which relationship in my life deserves more gratitude than I give it?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 11_ The body does not ask for recognition. But it changes when it receives it.

Which part of my body does its job quietly, without me noticing?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 12_Even difficulties leave something behind.

What have I learned from a difficult situation?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 13 _ Comfort is not always visible.
But it is present.

*What small thing brings me constant
comfort?*

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 14_ Not everything is in motion.
Some things are already settled.

Where in my life are things already settled?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 15_ Your rhythm is not wrong. It is yours.

What can I appreciate about my rhythm, even if it is not “perfect”?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 16_ Not everything you receive comes after effort.

What have I received without asking for it?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?

Day 17_ The past does not only ask for understanding. Sometimes it asks to be acknowledged.

Which part of my past deserves to be acknowledged, not judged?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 18_ The influences that shape us
are not always obvious.

*Which person has influenced me
positively, even in a subtle way?*

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 19_Life is not only about what isn't working. It is also about what is already working.

What in my life is already working well?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 20_Inner resources do not disappear. Sometimes we just don't use them.

What inner resource do I have that I may be using too little?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 21_ You don't have to become someone else to begin to appreciate yourself.

What can I appreciate about myself today, even a little?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 22_ What seems normal is not always something to be taken for granted.

What in my life have I considered “normal” that is actually not to be taken for granted?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 23_Strength does not come only from easy moments.

What challenge has made me stronger than I thought?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 24_ Not everything asks for change. Some things only ask to be seen.

Which part of my life asks for more presence, not change?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 25_ The present is not incomplete. Sometimes it is simply not noticed.

What can I appreciate in the exact moment I am in right now?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 26_Some things come exactly when they can be received.

What in my life came at the right time?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 27_ The way you look changes
what you see.

*What do I choose to see differently from
now on?*

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?



Day 28_ Gratitude does not end something. It opens what comes next.

What from this journey do I feel the deepest gratitude for?

My gratitudes:

- 1. _____
- 2. _____
- 3. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How does it feel in my body?

Day 29 – Closing

Looking back:

- What has changed in the way I see things?
- What was the hardest?
- What was the easiest?
- What do I choose to carry forward?

You don't need to continue perfectly.
It is enough to return.

Gratitude is not an exercise.
It is a way of being that is built over
time.



