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*GRATITUDE
AND
ABUNDANCE*
Journal

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Gratitude and Abundance Journal

This journal is designed to help you cultivate a daily habit of gratitude and abundance. By focusing on what you are grateful for and aligning with the energy of abundance, you will attract more positivity, joy, and success into your life.

Daily Gratitude and Abundance Prompts

Day 1: List three things you are grateful for today and why they bring you joy.

Day 2: How has practicing gratitude shifted your mindset?

Day 3: What abundance do you already have in your life? Acknowledge it fully.

Day 4: Write about a time when you received an unexpected blessing or opportunity.

Day 5: What does an abundant life look like for you? Describe it in detail.

Day 6: Write down a gratitude letter to yourself, recognizing your growth and achievements.

Day 7: What small things in your daily life bring you happiness and fulfillment?

Day 8: How can you express gratitude more in your relationships?

Day 9: What are some ways you can give back and share abundance with others?

Day 10: Write about an area of your life where you want to invite more abundance.

Day 11: What limiting beliefs about abundance do you need to release?

Day 12: List three things you love about yourself and how they contribute to your abundance.

Day 13: Reflect on a challenge that turned into a blessing. What did you learn?

Day 14: What affirmations can help you align with gratitude and abundance?

Day 15: How does feeling grateful improve your overall well-being?

Day 16: What opportunities are available to you right now that you may not have noticed?

Day 17: Write about a time when someone showed you kindness and how it impacted you.

Day 18: How does nature reflect abundance? Take a moment to appreciate it.

Day 19: What are three positive changes you've experienced this year?

Day 20: How do you celebrate small wins, and why is this important?

Day 21: Reflect on your gratitude and abundance journey. What shifts have you noticed?

Final Thoughts

Gratitude and abundance are powerful energies that can transform your life. By focusing on what you have and what you appreciate, you naturally attract more positivity. Keep this practice going, and watch how your life flourishes!