

Gratitude Journal

An Attitude of Gratitude

I, _____, commit to pausing each day – between chores, coffee, or collecting eggs – to write three things I'm grateful for.

It's my way of slowing down, noticing the beauty in this messy, wonderful homestead life, and reminding myself that peace grows where gratitude is planted.

	3 Things I'm Grateful for today.....	Mindful Moments
Sunday		Gratitude turns ordinary days into blessings
Monday		Every sunrise is a reset button
Tuesday		The hard days grow strong roots
Wednesday		People are part of the soil that helps us grow
Thursday		Gratitude isn't about having more-it's about seeing enough
Friday		Happiness hides in the small moments
Saturday		Gratitude closes the week with peace