



My
Gratitude
Journal

 **lymeNOW**

30 Prompts and Quotes to Inspire a Grateful Lifestyle

Gratitude JOURNAL

Date: _____

What are you most grateful for?
Name the top 3 things you are grateful for today.



Gratitude
turns what
we have into
enough .

- Aesop

Gratitude JOURNAL

Date: _____

Lyme inevitably changes your life. Do you like any of these changes?



Lined writing area for the user's response.

Gratitude is
a powerful catalyst
for happiness.

- Amy Collette

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Date: _____

What wisdom would you share with someone who has recently contracted Lyme?



Gratitude for the present moment & the fullness of life now is the true *prosperity*.

- Eckhart Tolle

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Date: _____

If you could go back in time and give yourself advice, what advice would you give?



Gratitude helps you
see what's there
instead of what isn't.

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Date: _____

What would your younger self be proud of you for today?



When we focus on
our gratitude, the tide
of disappointment
goes out, and the tide
of *love* rushes in.

- Kristin Armstrong

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Date: _____

What is your motivation to keep going?



I'm *thankful* for all
of it. The highs.
The lows.
The blessings.
The lessons.
The setbacks.
The comebacks.
Everything.

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Date: _____

What is your favorite quote and why?



Gratitude is the
direct way out of
comparison.

- Robyn Conley Downs

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Date: _____

How do you stay positive on bad days?



The root of joy is
gratefulness.

- David Steindl-Rast

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Date: _____

How do you show yourself love?



Gratitude is the
wine for the soul.

Go on.
Get *drunk*.

- Rumi

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Date: _____

What is something you can do that distracts you from the pain?



Some people
grumble that *roses*
have thorns;
I am grateful that
thorns have *roses* .

- Alphonse Karr

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Date: _____

Is there a song that helps you stay strong?



Gratitude is an essential
part of being *present*.
When you go deeply
into the present,
gratitude *arises*
spontaneously.

- Eckhart Tolle

Gratitude JOURNAL

Date: _____

Have you gone through all the stages of Lyme grief?



Gratitude *unlocks*
all that's blocking us from
really feeling truthful,
really feeling authentic
and vulnerable and
happy .

- Gabrielle Bernstein

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Date: _____

What is a major lesson you have learned from Lyme?



The act of being grateful is the door that leads to all things beautiful in life.

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Date: _____

What is your favorite season and what do you enjoy about it?



Gratitude is the
vitamin for the
soul.

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Date: _____

What are you most looking forward to this week?



A grateful heart
is a magnet for
miracles.

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Date: _____

How do you try to care for your physical wellbeing?
How do you try to care for your mental wellbeing?



A series of 24 horizontal black lines provided for handwriting answers. The first 12 lines are on the left side of the page, and the next 12 lines are on the right side, below the breathing exercise text.

Inhale love.
Exhale
gratitude.

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Date: _____

Write a letter to your pain.



May you approach this season with gratitude & a deeply rooted *hope* that everyday will teach you something that is an integral part of your *growth*.

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Date: _____

Write about a challenge today and how you overcame it.



The best time to
be grateful is
always.

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Date: _____

List 5 things you hope will happen in the next year.



Gratitude is

riches.

Complaint is

poverty.

- Doris Day

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What is a goal you hope to accomplish in the near future?



When you are grateful,
an invisible blanket of
peace covers you,
it makes you *glow*,
it makes you happy,
strong, warm.

- Om Swami

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Date: _____

What was your diagnosis like?



Gratitude makes sense
of our past,
brings peace for today,
and creates a
vision
for tomorrow.

- Melody Beattle

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Date: _____

Name 5 things you are doing well currently.



Let us be grateful
to the people who
make us happy.

They are the
charming gardeners
who make our souls

blossom.

- Marcel Proust

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Date: _____

Did you do something nice for/to someone today?



Give thanks for
a *little*
& you will find a
lot.

- Hausa Proverb

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Date: _____

What service have you been the recipient of this week?



When gratitude
becomes your
default setting,
life changes.

- Nancy Leigh DeMoss

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What are things you take for granted that you can express more appreciation for?



Gratitude is not
just a word; it is a
way of life.

- Rob Martin

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Date: _____

What are things you love about the area you live in?



Interrupt anxiety
with *gratitude*.

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How is your physical pain connected to your emotional trauma?



Gratitude is one of the most *medicinal* emotions we can feel. It elevates our moods and fills us with *joy*.

- Sara Avant Stover

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What has been bothering you? Why is it getting to you?



Piglet noticed that even though he had a very small heart, it could hold a rather large amount of *gratitude*.

- A.A. Milne (Winnie the Pooh)

Gratitude JOURNAL

Date: _____

Do you believe in a higher power?



Gratitude is more
powerful than
any pill you can pick
up at the pharmacy.

- Marie Foleo

Gratitude JOURNAL

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How do you let go of wondering why Lyme disease happened to you?



Gratitude is an antidote to negative emotions, a *neutralizer* of envy, hostility, worry, & irritation. It is savoring; it is not taking things for granted; it is *present-oriented*.

- Sonja Lyubomirsky