



Círculo
CONSCIENTE
Honrando el Pasado, Sanando el Presente

CONSCIOUS GRATITUDE
JOURNAL

“Gratitude turns what we have into enough.”





INTRODUCTION

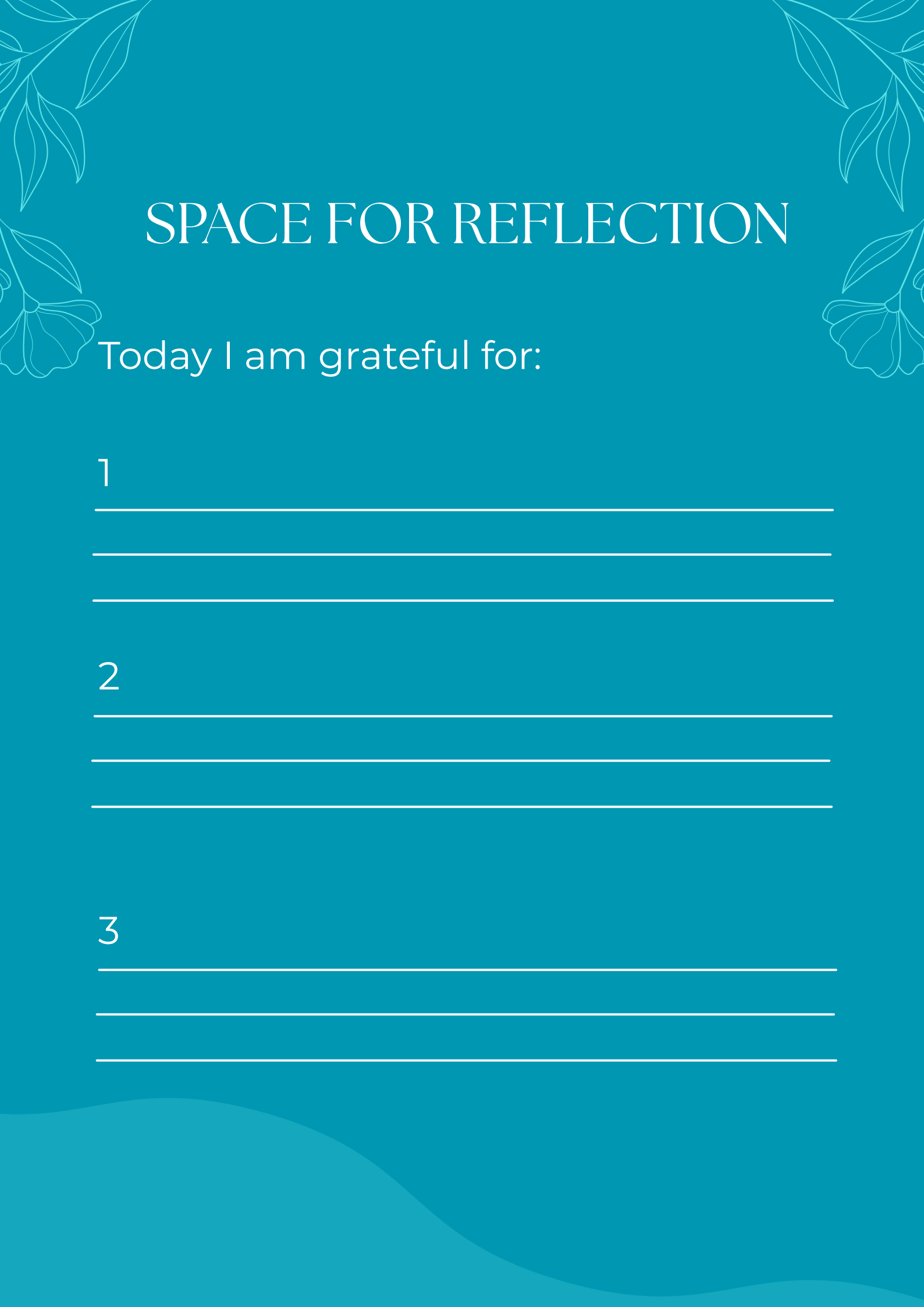
Gratitude is a powerful practice that connects us with abundance and calm. This mindful journal invites you to take a few minutes each day to appreciate what's already in your life.



Steps to follow

1. Get a notebook or print out this form.
2. Every night, write down three things that you are thankful for.
3. Be specific: not just “my family”, but more like “my daughter’s smile today.”
4. Allow the small things to have as much space as the big things.





SPACE FOR REFLECTION

Today I am grateful for:

1

2

3



Circle
CONSCIOUS
Honoring the Past, Healing the Present



“What you are grateful for, grows.”

“Honoring the past, healing the present.”

THANK YOU