✦ SACRED SOUL JOURNEY

FREE GIFT

3-Day Gratitude Journal

Three gentle prompts to open your heart, calm your mind and shift your energy.

3

✦ WELCOME

A gentle place to begin

Gratitude doesn't need a perfect journal or an hour of free time. It needs a few honest minutes and a pen.

This little starter is a gift for you. Inside are three simple prompts, one for each day, with space to write. Day 1 opens your eyes to small joys, Day 2 shows you the abundance already around you, and Day 3 invites you to give thanks for what is on its way.

Many people find that a regular gratitude practice helps them feel calmer, notice the good that is already here, and approach their goals from a place of “enough” rather than lack. That shift, from lack to abundance, is where manifesting becomes gentle and natural.

How to use this journal

1. **Find a quiet moment.** Morning with your tea, or just before bed, both work beautifully.
2. **Take one prompt a day** for three days. Each one takes about 10 minutes.
3. **Write by hand if you can.** Print the pages, or write in a notebook alongside them.
4. **Feel it, don't just list it.** Pause for a breath and let each answer land in your heart.
5. **Read the affirmation** at the bottom of each page aloud before you close.

A small tip: there are no wrong answers. If a prompt feels hard, write one line and come back to it later. Gratitude grows with gentleness, not pressure.

DAY 1

Three small joys

What are three small, ordinary things that made today a little better?

> Think tiny: the first sip of chai, a kind message, sunlight through the window. Small joys are the easiest doorway into gratitude.

✦ I notice the beauty in ordinary moments. ✦

DAY 2

Abundance already here

List everything around you right now that shows you are already supported.

> Food, a roof, clean water, a phone, a skill, a friend you can call. Abundance often hides in plain sight.

✦ *I already have so much, and more is flowing to me.* ✦

DAY 3

Thank you in advance

Write about something you wish for as if it has already come true, and thank life for it.

> Start with “Thank you for…” and describe how it feels. This is gratitude and manifestation working together.

✦ *I give thanks for my blessings before they arrive.* ✦

✦ YOUR 3-DAY CHECK-IN

Look how far you've come

Tick or colour a heart each day you complete a prompt.

DAY 1	DAY 2	DAY 3
♡	♡	♡

Before I started, I felt:

Stressed | Restless | Okay | Calm | Joyful

After three days, I feel:

Stressed | Restless | Okay | Calm | Joyful

The biggest thing I noticed:

✦ KEEP GOING

Your gratitude journey continues

Three days of gratitude is a beautiful beginning. If you'd like to go deeper, these two resources were made to take you further.

The 7-Day Gratitude Reset

Seven short lessons, simple rituals and printable worksheets to help you shift from lack to abundance, one grateful day at a time. Heal first, then manifest with ease.

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52-Week Money Saving Challenge 2027

Put your abundance mindset into action. A printable rupee planner with the full 2027 chart, three plans and trackers to save up to ₹1,37,800 next year.

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"The more grateful I am,
the more I have to be grateful for."

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