

Lorraine Keeling

GROWTH &  
ABUNDANCE MINDEST

# Abundance Gratitude Journal

WORKSHEET SET



WORKSHEET  
TEMPLATE



COACH  
HELPER



ADDITIONAL  
RESOURCES

[awakentolife.co.uk](http://awakentolife.co.uk)



- List things in your life you're grateful for.
- Reflect on how acknowledging these can cultivate an abundance mindset.



HOW TO USE THE

# Abundance Gratitude Journal

WORKSHEET

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- Guide yourself to focus on both big and small things you are grateful for.
  - Remind yourself that appreciating what they have now can help cultivate an abundance mindset.
  - Encourage daily practice of gratitude to promote a positive mindset.
  - Use the diary metaphor to explain the personal, reflective nature of gratitude practice.
  - Validate your feelings and experiences during the reflection process.
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# Prompts for Identifying Gratitude

Gratitude is a powerful tool for cultivating an abundance mindset. It allows us to appreciate what we have rather than focusing on what we lack.

Here are some prompts that can assist in identifying areas of gratitude in your life:

What is something you are grateful for that happened today?

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What is a personal achievement you are grateful for?

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What is a physical characteristic or attribute you appreciate about yourself?

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What is an aspect of your home environment you are thankful for?

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What is a skill or talent you have that you are grateful for?

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# Prompts for Identifying Gratitude

Who is a person in your life that you are thankful for and why?

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What is something in nature you are grateful for?

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What is a recent book, movie, or TV show that you enjoyed and are grateful for?

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What is a challenge you've faced that you're grateful for because it made you stronger?

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What is an everyday item that makes your life easier and you are grateful for?

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# I hope you enjoyed this journal!

My name is Lorraine Keeling and I created the Awaken to Life Program where I can help you let go the past, embrace a future that you want and support your journey.

To find out more about the Awaken to Life Program click here

As a health coach I also offer advice and training on nutrition and other products that can support you.

To find out more visit the Contact Me page here to email me and use the menu at the top of the page to go to specific products and training.

with love and support,

Lorraine Keeling