



Doing You Well

GRATITUDE
JOURNAL

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Thank you so much for your purchase of this journal! My hope is that it will give you a newfound appreciation for what you already have, in order to open the door for what you desire.

We often lack joy because we lack thankfulness. We start thinking about what we wish we had compared to someone else - a better spouse, a newer home or car, well-behaved children, a better job - the list can go on and on - not realizing that what we have is still much better than nothing at all. Let's be real. . .we'll never have everything we want, when we want it, but, we can be content with what we do have. I'm not saying we should settle for where we are in life, because we're all aiming for something better; but we should always be in a "state of contentment" while we're where we are!

Discontentment is not a result of our circumstances; it is a state of our souls. The Apostle Paul tells us that he has learned to be content in whatever state he's in. Why? Because his contentment was NOT in what he had or where he was in life, but it was in Christ. My husband teaches our congregation that we must will ourselves to do the things of God, because it is our human nature to do what comes easiest, and that is to walk in the flesh.

You see, being grateful and appreciative are the keys to spiritual victory, the doorway to our supernatural success! And just as someone "practices" riding a bike, or playing an instrument, sometimes we must practice being thankful and grateful until it becomes second nature. This is my purpose for creating this journal, so that you can become more mindful of those times when you find yourself complaining and becoming frustrated with where you are in life. This journal will condition you to start turning the table, by stopping yourself when you feel the urge to complain and (instead) give thanks, so you can start experiencing more open doors for miracles and the "above all we can ask or think" moments in our lives. So I challenge you to go through this journal and complete (and fully engage in) the writing prompts and watch what He does on your behalf!

Benefits of Gratitude:

- Makes you feel good and helps you relax, which enhances your overall health.
- Makes you friendlier, which makes people like and appreciate you more.
- Eliminates feelings of insecurity and increases self-esteem.
- Helps you gain clarity on what you desire more of in your life, so you can gain a greater perspective on what is most important to you and do more of it.
- Gives you a more positive outlook on life.
- Helps you become more mindful of yourself.
- Enhances your compassion for others.
- Gratitude produces more gratitude.
- Most importantly, gratitude strengthens your spiritual walk.

A few things to keep in mind when using this journal:

- Be intentional when writing. Don't rush through the prompts. Take your time to think about and process the prompts given. Write from your heart and let it flow.
- To get the most out of your writing, try to be as descriptive as possible. If you're not a writer, try this simple writing prompt. Take a sheet of paper and write down your immediate responses to the sounds and sights around you. This is a great way to unlock your creativity.
- It's up to you when and how often you journal. It could be daily, several times a week, or once a week. It's your choice. However, my personal preference is daily. I say this, because it's a great way to start your day.
- Be consistent and dedicate a specific time, so that it becomes a habit. Consistency is key.
- Because these are writing prompts, it's best to do them in the morning, and end your day, reflecting on what you wrote.

- Because this is an editable journal, you can reuse it over and over again, and update your answers as often as you'd like.
- Whenever you feel frustrated or down, look back on this journal as inspiration to be mindful and grateful.
- This is your journal, for your eyes only, so be as free and real as you desire! But most of all. . .have fun!
- Happy journaling!

Day 1 - writing prompt

Write down a scripture that speaks to your soul today. Why did you pick this scripture? List ways you can apply it to your life. Try to incorporate it into everything you think, say, and do today.

Day 2 - writing prompt

Write about something you wear that makes you feel good about yourself. This could be clothes, perfume, shoes, jewelry, makeup, etc. How do you feel when you wear them? How do you show up? Wear them more often.

Day 3 - writing prompt

How has God blessed you today? List as much as you want and be as detailed as possible.

Day 4 - writing prompt

Write down 5 positive things about yourself and repeat them today/daily.

Day 5 - writing prompt

Write a "thank you" letter to yourself. Try your best to fill the page. You can do it, I know you can!

Day 6 - writing prompt

What does living an intentional life mean to you? Write down as many ways possible, you can live intentional. . .starting today.

Day 7 - writing prompt

What can you do today to encourage someone? How can you pay it forward? Now go do it!

Day 8 - writing prompt

I'm looking forward to doing/receiving_____. Why does this excite you?

Day 9 - writing prompt

Write about your favorite time of year. How does it make you feel? What makes it your favorite? Do you try to include it in other parts of the year, or do you like it to have it's own special time? e.g. (watching Christmas movies in the summer). Be detailed/descriptive about your favorite time of year.

Day 10 - writing prompt

What talents or skills do you have that you're grateful for? Are you using them to the best of your ability? Find someone you can be a blessing to today with your talents/skills.

Day 11 - writing prompt

What are your happiest memories?

Day 12 - writing prompt

What is the best compliment you've ever received. Write about how it made you feel.

Day 13 - writing prompt

Write about someone who made a positive impact on your life. What was the result of their impact?

Day 14 - writing prompt

What was the last thing you celebrated? How did it make you feel? Take yourself out to lunch or dinner and celebrate it again.

Day 15 - writing prompt

Write about something good that happened to you this week and how it made you feel.

Day 16 - writing prompt

Write about a favorite activity you enjoy doing and why you love it.

Day 17 - writing prompt

What is most important in life to you? Why is this vital to you?

Day 18 - writing prompt

What got your attention recently that made you realize how blessed you are?

Day 19 - writing prompt

Write about the best vacation you ever had. Be detailed. Why was it your favorite?

Day 20 - writing prompt

Who or what are you grateful you no longer have in your life? Why?

Day 21 - writing prompt

What do you love about where you live? Why?

Day 22 - writing prompt

*Write about something you were believing God for and He gave it to you.
How did it grow your faith?*

Day 23- writing prompt

What goals have you achieved that you're grateful for?

Day 24 - writing prompt

What do you like about your life right now? Both personally and professionally.

Day 25 - writing prompt

How have you changed in the last five years? What's the biggest lesson you've learned?

Day 26 - writing prompt

What's the best gift you ever received? Who gave it to you and why was it your best?

Day 27 - writing prompt

*Name one thing (you're grateful for) that you absolutely love about yourself!
Why do you love it?*

Day 28 - writing prompt

Write about something nice someone did for you and how it made you feel.

Day 29 - writing prompt

What's your biggest accomplishment in your personal life? Write about it and the challenges you overcame to get it.

Day 30 - writing prompt

List ways you reward or pamper yourself. Pick one thing from your list and do it before the day ends.

Day 31 - writing prompt

List 5-10 things you take for granted that aren't available to someone in another country.

Day 32 - writing prompt

How has your life changed (for the better) since this time last year?

Day 33 - writing prompt

List 10 favorite things you own and write about why they're your favorite.

Day 34 - writing prompt

Write about when you feel at peace the most. Why does it make you peaceful? Make an effort to do it more often.

Day 35 - writing prompt

Name 5 or more things you like about your job and why you like them.

Day 36 - writing prompt

If you're married, what's the best thing about being married? If you're single, what's the best thing about being single? Why?

Day 37 - writing prompt

Name 10 things you have today you didn't have 10 years ago. In what ways have they changed your life?

Day 38 - writing prompt

Write your favorite thing about each of your family members and why it's your favorite thing about them.

Day 39 - writing prompt

What meal do you love the most and why? How does eating it make you feel? Have it today. If you can't order it from a restaurant, get the ingredients and make it yourself.

Day 40 - writing prompt

Show your gratitude today to 3 people who are special to you. Write down what you plan to do and why you chose to do that.

Day 41 - writing prompt

Open your photos on your phone and find a picture you really like. Write about why you like it and how it makes you feel.

Day 42 - writing prompt

What is your favorite place in your house and why? How do you feel and what do you love doing when you're in that space?

Day 43 - writing prompt

What's the last thing that made you smile and why?

Day 44 - writing prompt

What is your favorite dessert? Indulge in it today (without worrying about the cost or calories).

Day 45 - writing prompt

Describe a situation or person who helped shape you into the awesome person you are today.

Day 46 - writing prompt

Who do you trust the most? What have they done to earn your trust in them?

Day 47 - writing prompt

What is the most resourceful thing you've ever done? How did it make you feel to be able to make something out of nothing?

Day 48 - writing prompt

What is your greatest spiritual gift? Ask God to reveal more of it to you. List ways you can use more of it in your life and to help others.

Day 49 - writing prompt

Describe a time you were spontaneous. Do something spontaneous today (without second guessing yourself).

Day 50 - writing prompt

Describe a teacher who greatly impacted you in a positive way.

Day 51 - writing prompt

At the end of your life what do you want your legacy to be? Work more towards making that happen.

Day 52 - writing prompt

Who aggravates you and why? What do you love most about them?

Day 53 - writing prompt

Who is the most driven and motivated person you know? What inspires you about them?

Day 54 - writing prompt

What is the most exquisite and elegant thing you can think of? Describe it in great detail.

Day 55 - writing prompt

*What makes you feel alive? When was the last time you felt that way?
Recreate the moment.*

Day 56 - writing prompt

Who is the most confident person you know? What have they taught you about life?

Day 57 - writing prompt

What is the best decision you've ever made? How has that decision changed your life and what impact has it made?

Day 58 - writing prompt

What are you an expert at? Consider making a video, writing a book, creating a course/workshop or developing a speech and share your expertise with others. Use the space below to write out your ideas.

Day 59 - writing prompt

Who do you go to when you feel discouraged? Why this person? How do they make you feel after speaking with them?

Day 60 - writing prompt

What restores your faith and why?

Day 61 - writing prompt

Who is the most mature person you know? What do you like about them?

Day 62 - writing prompts

When was the last time you felt stuck or stagnant in life? What got things moving again?

Day 63 - writing prompt

Who are you jealous of? What is your jealousy showing you about what you truly desire?

Day 64 - writing prompt

Who do you respect and why?

Day 65 - writing prompt

Who is the most hateful person you know? What have they taught you about love?

Day 66 - writing prompt

When do you feel the most creative? Why? Purpose to have more times like these in your life.

Day 67 - writing prompt

Who is the most insightful person you know? What have you learned from them?

Day 68 - writing prompt

What is your greatest communication skill? How do you know? What results do you get when you communicate this way? List ways you can use this more often and act upon it.

Day 69 - writing prompt

Who is the most down to earth person you know? What do you love about them?

Day 70 - writing prompt

Set a 2 minute timer and write everything that comes to you (make it as positive as you can). Reflect back on what you wrote.

Day 71 - writing prompt

Who has forgiven you for a major mistake you made? Write about how it made you feel when they forgave you?

Day 72 - writing prompt

If you could go anywhere in the world, where would it be and why?

Day 73 - writing prompt

Describe in great detail what five years from now looks like in your life. Where are you living? What is your job? Has your family expanded? Etc...

Day 74 - writing prompt

What was the most joyful experience of your childhood?

Day 75 - writing prompt

What boundaries have you set for your life that you're thankful you never crossed or let anyone else cross? What could have been the consequences otherwise?

Day 76 - writing prompt

What is the most flashy or eye-catching piece of clothing, jewelry, purse or shoes you own? Why did you buy it and why do you love it?

Day 77 - writing prompt

Alive or dead, who would you love to have dinner with and why? What would you serve them and why?

Day 78 - writing prompt

What upsets you the most? What does your anger for this teach you about what you need and value most in your life?

Day 79 - writing prompt

Think of the most relaxing image possible in your mind. What do you see? Be as descriptive as you can.

Day 80 - writing prompt

What can you depend on yourself to do? What qualities do you possess make you committed to always doing it?

Day 81 - writing prompt

Who has been your greatest critic? What have they taught you about yourself and life?

Day 82 - writing prompt

What is the best choice you've ever made in your life? Why did you make it and what was the result of you making it?

Day 83 - writing prompt

What is the most thoughtful gift you've ever given? Why did you choose to give that person that particular gift?

Day 84 - writing prompt

What exhausts and drains you? What does this tell you about what you don't and do want in your life? What are you going to start doing to eliminate those things from your life.

Day 85 - writing prompt

*What is your most important value in life? Who shares this value with you?
Does this draw you closer to this person? If so, how?*

Day 86 - writing prompt

Think of a time when you were really assertive? How did your boldness pay off?

Day 87 - writing prompt

What do you appreciate about your body? Why?

Day 88 - writing prompt

What makes you an original? Be as descriptive as you can.

Day 89 - writing prompt

Think of a time you were very detailed and got an awesome result. What other specialties did you have to bring to the table to assist you? Did this encourage you to be more thorough in future assignments? Why?

Day 90 - writing prompt

This is your last prompt in this journal...yay! What is the most interesting thing you've learned about yourself from doing these prompts?

Thank You!

I hope you enjoyed this journal! But most of all, my hope is that this journal encourages you to find more things in your life to be grateful for. And if you'd like to explore these prompts further or take a deeper dive into other areas of your life, contact me [here](#) and let's talk! Blessings!

"Give thanks to the LORD, for He is good; His love endures forever" Psalm 118:1