

GRATITUDE

JOURNAL



JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

TODAY I AM
GRATEFUL FOR

THREE GREAT THINGS
THAT HAPPENED TODAY

1

2

3

I AM LOOKING
FORWARD TO

TODAY'S
AFFIRMATION



**"If You Don't
Like The Road
You're Walking,
START
PAVING
ANOTHER
ONE"**

- DOLLY PARTON

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AFFIRMATION



**"Act As If What
You Do Makes A
Difference. It
DOES**

- WILLIAM JAMES

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I AM LOOKING
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AFFIRMATION



**"Dearly Beloved,
We Are Gathered
Here Today To
Get Through This
Thing Called
LIFE "**

- PRINCE

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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AFFIRMATION



**"It Will Feel
A Little Bit
More**

**OK
Day By Day"**

- THE DIVORCE PLANNER

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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**"Owning Your
Story Is The
BRAVEST
Thing You Will
Ever Do"**

- BRENE BROWN

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AFFIRMATION



**"You Have To
EMBRACE
The Hard Bits To
Get To The
Good Stuff"**

- THE DIVORCE PLANNER

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**"You Can't Start
The Next Chapter
Of Your Life If
You Keep
RE-READING
The Last One"**

- MICHAEL MCMILLAN

I hope this journal helps you address the emotional side of divorce and keeps you focused what's in your control during this challenging time.

Want to take your next steps with clarity and confidence?

Schedule a consultation with us to discuss the benefits of resolving your case without litigation, through mediation.

Click Here

Dianne | Families First Mediation