

Life reflection

**WHAT DO I LOVE ABOUT MY LIFE
RIGHT NOW?**

**WHAT DO I LOVE ABOUT
MYSELF?**

**WHAT IS MY ONE HAPPY
MEMORY?**

**THE WORLD IS A GOOD PLACE
BECAUSE...**

**SOMETHING FUN I AM LOOKING
FORWARD TO ...**

**WHY I AM TOO BLESSED
TO BE STRESSED?**

My prayer list

WAYS I WILL PRAY FOR MYSELF

A large, rounded rectangular box with a light blue border, designed for writing. The interior of the box is white and contains 15 horizontal dashed lines, providing a guide for writing the prayer list.

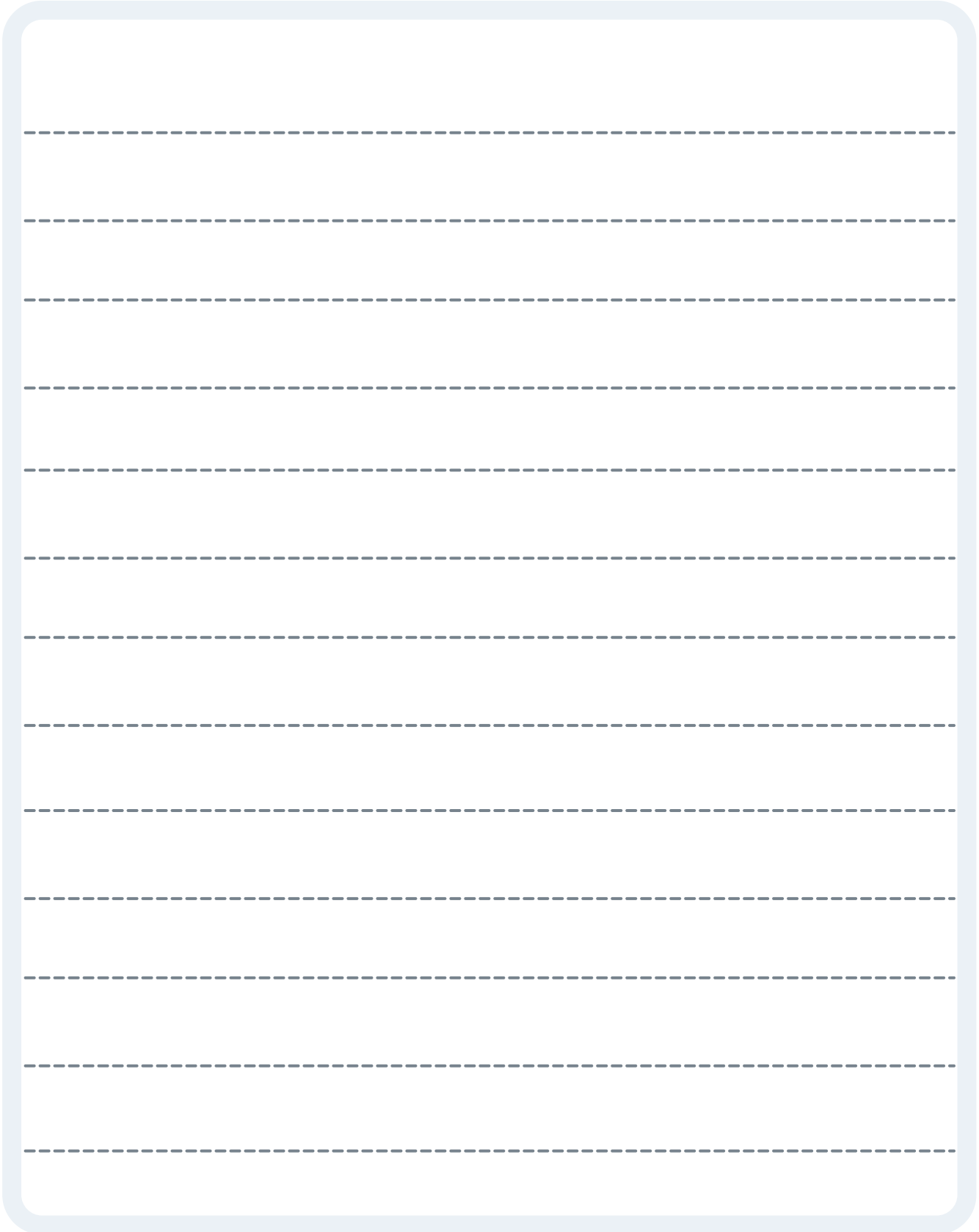
My Prayer list

WAYS I WILL PRAY FOR MY WORLD

A large, rounded rectangular box with a light blue border, designed for writing. The interior of the box is white and contains 15 horizontal dashed lines, providing a guide for writing the prayer list.

My prayer list

WAYS I WILL PRAY FOR MY FAMILY



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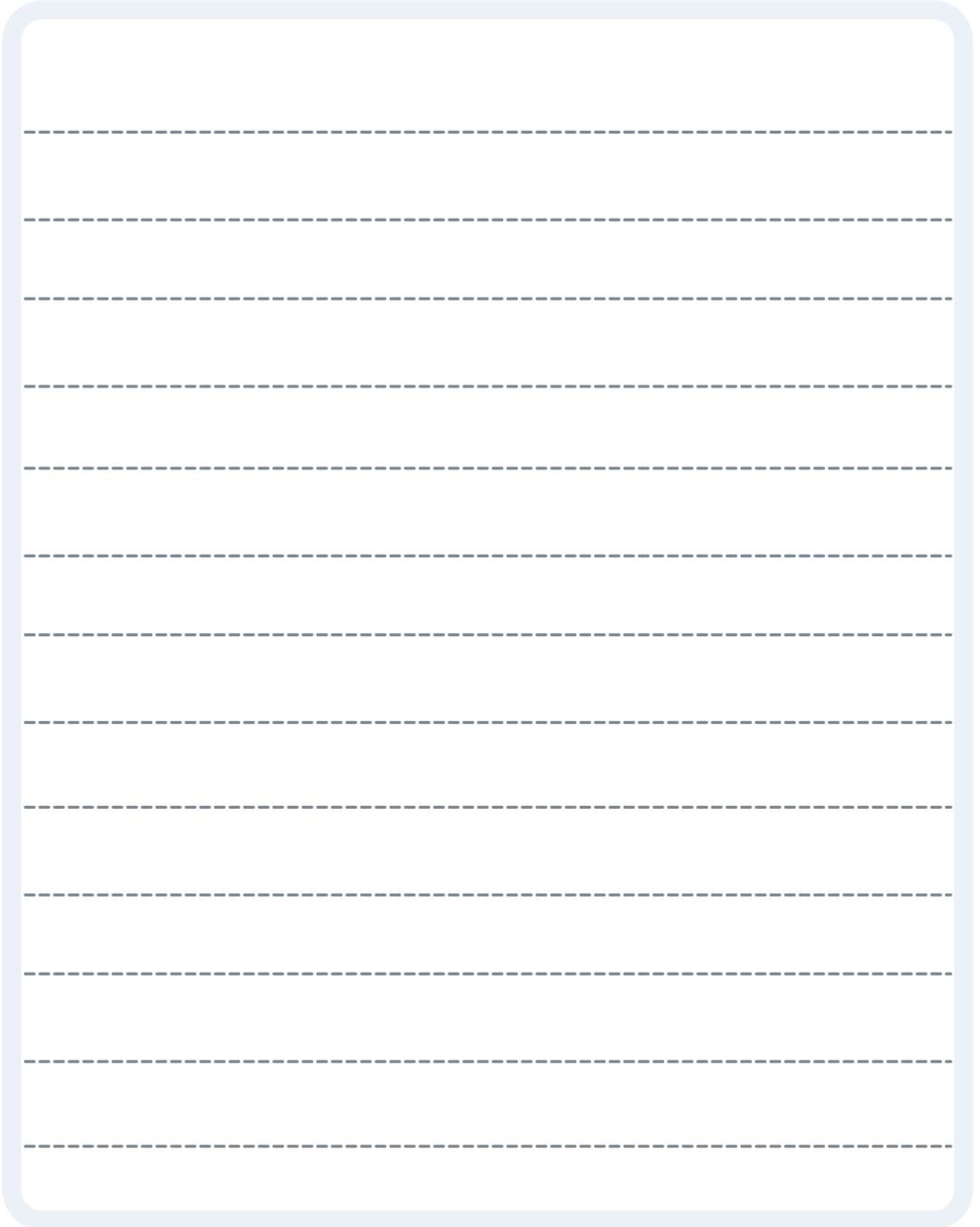
My prayer list

WAYS I WILL PRAY FOR MY FRIENDS

A large, rounded rectangular box with a light blue border, designed for writing. The interior of the box is filled with horizontal dashed lines, providing a guide for text entry. The box is empty and ready for use.

My prayer list

WAYS I WILL PRAY FOR MY COMMUNITY



A large, rounded rectangular box with a light blue border, designed for writing. The interior of the box is white and contains 15 horizontal dashed lines, providing a guide for writing the prayer list.

Prayer journal

DATE: _____

TODAY I AM GRATEFUL FOR

PEOPLE TO PRAY FOR

ANSWERS TO PRAYER

SHORT TERM REQUESTS

LONG TERM REQUESTS

-
-
-
-
-

-
-
-
-
-

Prayer journal

WAYS GOD HAS ANSWERED MY PRAYERS



A large, rounded rectangular box with a light gray border, designed for writing. The interior of the box is filled with horizontal dashed lines, providing a guide for text entry. The box is empty and ready for use.

Prayer journal

MEMORY VERSE

A large, rounded rectangular box with a light gray border, designed for writing. It contains 15 horizontal dashed lines, providing a guide for the placement of text. The box is empty and ready for use.

Prayer journal

INTERCESSIONS

A large, rounded rectangular box with a thick gray border, designed for writing. It contains 15 horizontal dashed lines, providing a structured space for recording intercessions.

Prayer journal

SUPPLICATION

A large, rounded rectangular box with a light gray border, designed for writing. It contains a series of horizontal dashed lines spaced evenly down the page, providing a guide for text entry.

Prayer journal

MISSIONARIES

A large, rounded rectangular box with a light gray border, designed for writing. It contains 15 horizontal dashed lines, providing a structured space for entries in a prayer journal.

Prayer journal

PRAISES / THANKSGIVING

A large, rounded rectangular box with a thick gray border, designed for writing. It contains 15 horizontal dashed lines, providing a guide for text entry. The lines are evenly spaced and extend across the width of the box, leaving a small margin at the top and bottom.

Prayer journal

MY CONFESSIONS



A large, empty rectangular area with rounded corners and a dashed line border, designed for writing confessions. The area is currently blank.

Daily prayer

DATE: _____

WHAT I AM PRAYING FOR

WHAT I AM THANKFUL FOR

**WHAT HAS GOD PUT ON MY
HEART TODAY?**

Weekly prayer tracker

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

Weekly reflection

DATE:

THREE GOOD THINGS THAT HAPPENED THIS WEEK...

--

THINGS & PEOPLE I'M GRATEFUL FOR THIS WEEK...

--

PEOPLE I'M GRATEFUL FOR:

TO MAKE NEXT WEEK EVEN BETTER I CAN...

--	--

Monthly calendar

MONTH: _____

YEAR: _____

SUN	MON	TUE	WED	THUR	FRI	SAT

IMPORTANT NOTES:

Monthly reflection

DATE:

BEST THINGS THAT HAPPENED THIS MONTH...

WHO WERE THE BEST PEOPLE OF THE MONTH (WHY?)...

WHAT CAN I DO TO MAKE NEXT MONTH EVEN BETTER...

Yearly reflection

YEAR:

THE BEST THINGS THAT
HAPPENED THIS YEAR...

THE BEST PEOPLE OF THE
YEAR(WHY?)...

WHAT I LEARNED THIS YEAR...

I'M MOST GRATEFUL FOR...

WHAT I AM DOING TO MAKE NEXT YEAR
EVEN BETTER...

Morning gratitude

BY FOCUSING ON WHAT'S GOOD IN YOUR LIFE AND HOW YOU CAN IMPROVE ON THINGS THAT YOU'RE NOT HAPPY WITH, YOU'LL GET MORE CLARITY IN YOUR LIFE AND WILL TRAIN YOURSELF TO NOTICE POSITIVE THINGS IN YOUR LIFE.

THREE THINGS I AM GRATEFUL FOR

WHAT I'M LOOKING FORWARD TO:

WHAT WOULD MAKE MY DAY AWESOME:

MY MORNING AFFIRMATIONS:

Evening gratitude

THREE AWESOME THINGS THAT HAPPENED TODAY:

PEOPLE I'M GRATEFUL FOR:

THINGS I'M GRATEFUL FOR:

THINGS I CAN DO TO MAKE TOMORROW EVEN BETTER:

Daily gratitude

MORNING:

DATE:

I AM GRATEFUL FOR:

I'M LOOKING FORWARD TO:

DAILY AFFIRMATIONS:

EVENING:

GOOD THINGS THAT HAPPENED TODAY:

THINGS I CAN DO TO MAKE TOMORROW EVEN BETTER:

Gratitude tracker

MONTH _____

The image shows a gratitude tracker grid. On the left side, there is a semi-circular arc with numbers 1 through 31 arranged along its inner edge. The numbers 1-10 are at the top, 11-20 in the middle, and 21-31 at the bottom. The rest of the grid is a large rectangle with light blue lines forming a series of columns and rows, intended for writing gratitude entries.

10 Minutes gratitude

WRITE A THANK YOU NOTE TO SOMEONE YOU WANTED TO
THANK FOR LONG TIME AND DIDN'T HAVE A CHANCE YET.

DATE

ONE PERSON YOU WOULD LIKE TO THANK:

ONE THING YOU WOULD LIKE TO THANK HER OR HIM FOR:

TWO DETAILS TO DESCRIBE THE THING OR ACTION FOR WHICH YOU'RE
THANKFUL:

ONE WAY IN WHICH THE THING OR ACTION MADE A DIFFERENCE TO YOU:

Small things

**"SOMETIMES THE SMALLEST THINGS TAKE UP THE MOST ROOM IN
OUR HEARTS"**

WINNIE THE POOH

DATE

**I AM GRATEFUL FOR THINGS
I CAN HEAR...**

**I AM GRATEFUL FOR THINGS
I CAN TASTE...**

**I AM GRATEFUL FOR THINGS
I CAN TOUCH/FEEL...**

**I AM GRATEFUL FOR THINGS
I CAN SMELL...**

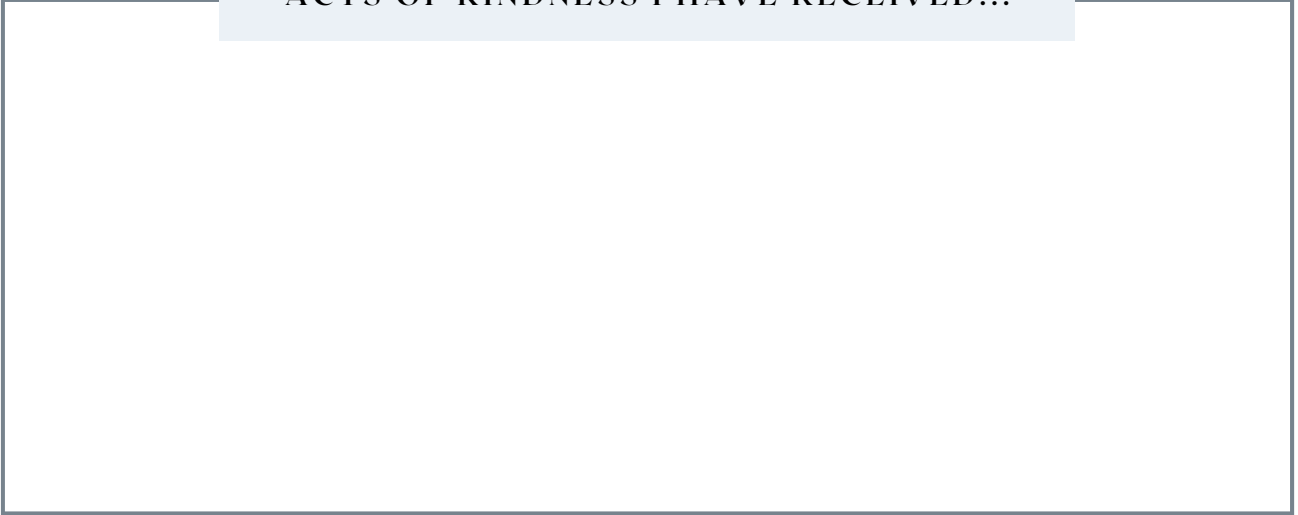
**I AM GRATEFUL FOR
BEING ABLE TO...**

**I AM GRATEFUL FOR THESE
LITTLE
THINGS IN MY LIFE...**

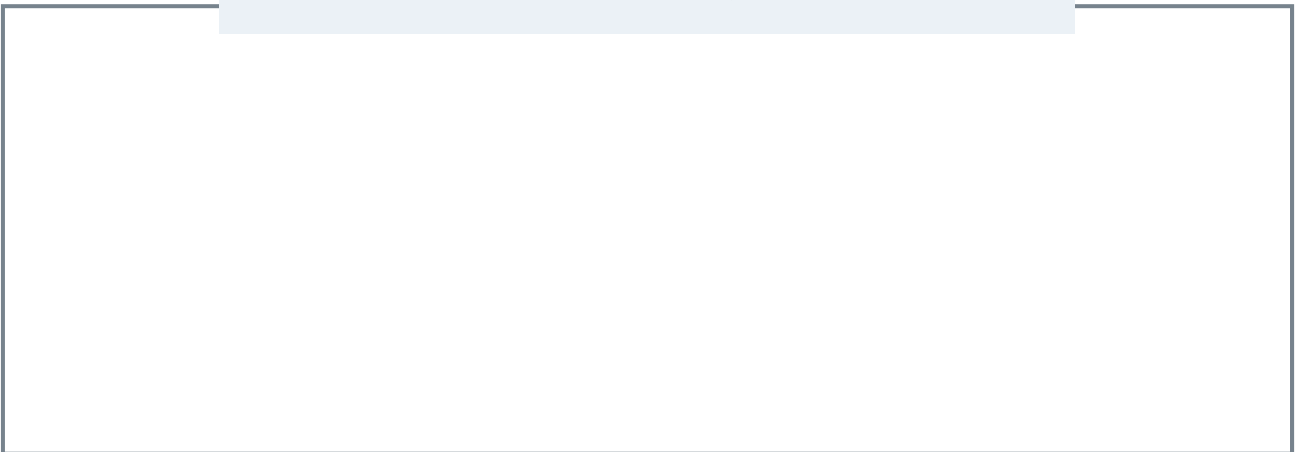
Act of kindness

DATE:

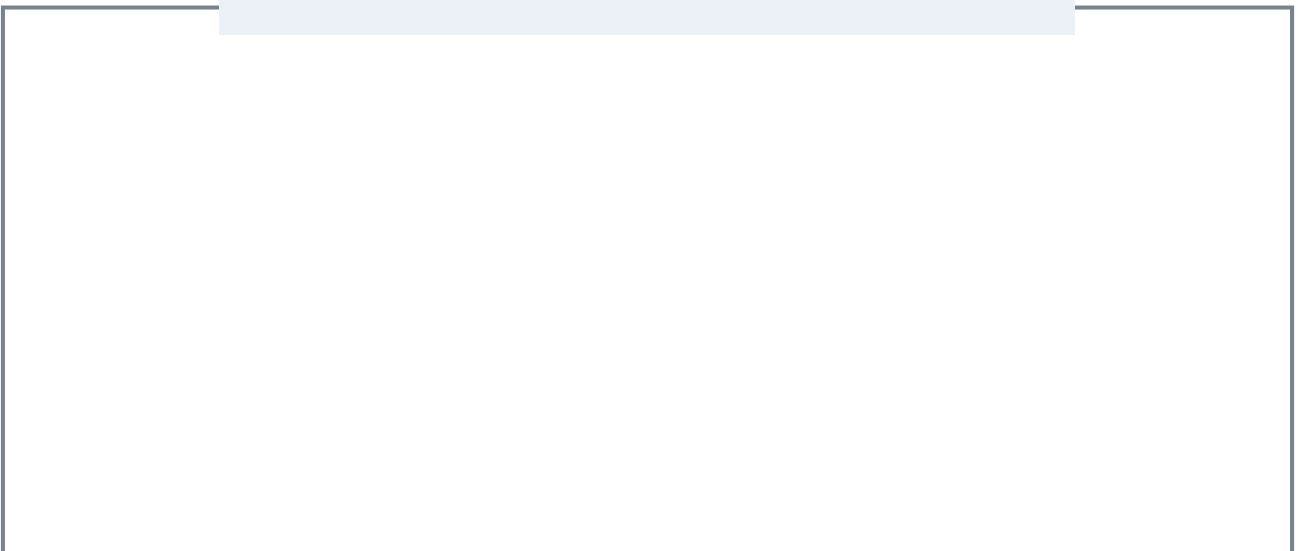
ACTS OF KINDNESS I HAVE RECEIVED...



ACTS OF KINDNESS I HAVE WITNESSED..



ACTS OF KINDNESS I HAVE DONE...



My 10 affirmations

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

8. I AM ...

9. I AM ...

10. I AM ...

