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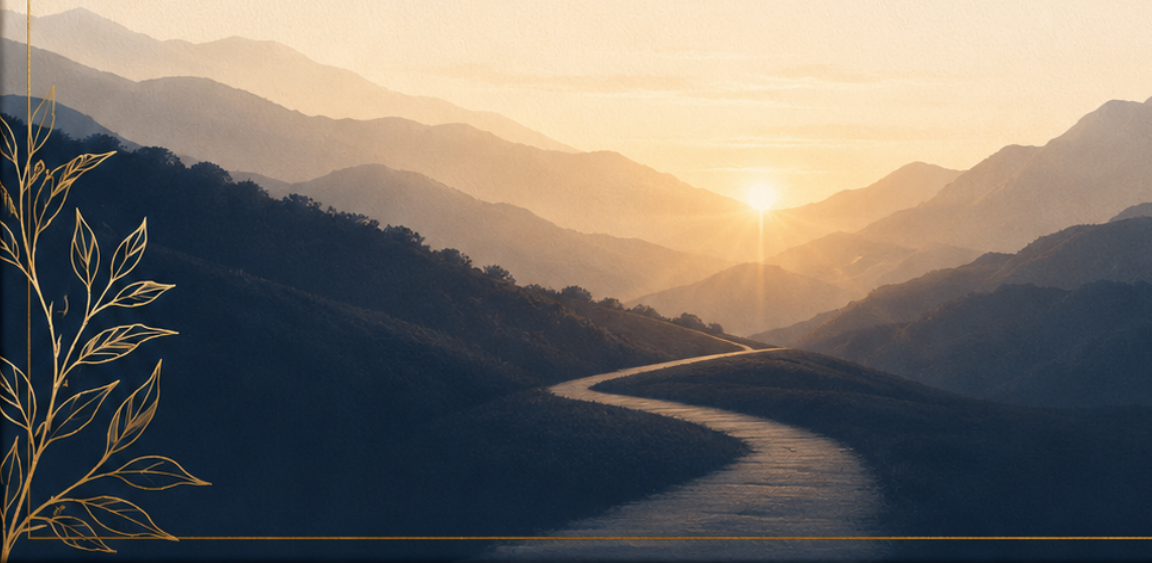


— 30 - DAY —

GRATITUDE JOURNAL



SEE GOD'S GOODNESS.
LIVE IN THANKFULNESS.
WALK IN JOY.





30-DAY

GRATITUDE JOURNAL

Seeing God's Goodness · Living in Thankfulness · Walking in Joy

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MVB Life Empowerment

30-Day Gratitude Journal

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All Scripture quotations are from the Holy Bible, NIV.

*Dedicated to every woman who almost missed her blessings
and chose to look again.*



BEFORE YOU BEGIN

The Woman Who Almost Missed Her Blessings

There once was a woman who spent years praying for more. More money. More opportunities. More recognition. More happiness. Every day she focused on what was missing.

One day she met an elderly woman who asked:

“Have you thanked God for what you already have?”

The question stopped her.

She began writing down: the roof over her head, food on her table, her health, her family, every prayer God had answered, every danger God had kept her from, every lesson she had learned.

Something changed.

The more she focused on God’s goodness, the more joy filled her heart. She discovered that gratitude does not ignore challenges — gratitude helps us see God even in the middle of challenges.

That woman became happier, stronger, more hopeful, and more peaceful. The circumstances did not change overnight. Her perspective did. And that changed everything.

That woman could be you. This journal is your invitation to begin.

How To Use This Journal

Every day of this 30-day journey contains seven elements designed to guide your heart toward genuine, lasting gratitude. Move through each section slowly and honestly.

1. **Scripture** — A verse to anchor your heart and mind for the day.
 2. **Today's Reflection** — Four deep questions to guide your thoughts toward God's goodness.
 3. **Gratitude Exercise** — A practical, specific thanksgiving activity for that day.
 4. **Goal Setting** — Daily, weekly, and monthly goals to keep you moving forward.
 5. **Prayer** — A guided prayer plus space to write your own personal prayer.
 6. **Action Steps** — Practical steps to take when you are struggling or resistant.
 7. **Journal Space** — Your sacred, private space to write freely and honestly.
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A Note on Consistency

You do not need to complete this journal perfectly to benefit from it. Even five minutes of honest reflection each day will transform how you see God and your life. The goal is not perfection — it is presence.

Your 30-Day Journey at a Glance

WEEK 1

Seeing God's Goodness



Focus: Blessings · Provision · Protection · Family · Health · Opportunities

Key Scriptures: *Psalm 103 · Psalm 23 · James 1:17*

WEEK 2

Gratitude in Difficult Seasons



Focus: Trusting God · Perseverance · Hope · Healing

Key Scriptures: *Romans 8:28 · Isaiah 41:10 · Jeremiah 29:11*

WEEK 3

Gratitude for Growth



Focus: Lessons Learned · Personal Growth · Spiritual Maturity · Wisdom

Key Scriptures: *Proverbs 3:5-6 · Philippians 1:6 · James 1:2-4*

WEEK 4

Gratitude for Purpose



Focus: Calling · Service · Impact · Legacy

Key Scriptures: *Jeremiah 1:5 · Ephesians 2:10 · Matthew 5:16*



What Is Gratitude?

Gratitude Is a Choice

Gratitude is not a feeling that simply arrives — it is a decision you make in the face of all circumstances. Paul wrote from a prison cell: 'Give thanks in all circumstances' (1 Thessalonians 5:18). He was not telling us to be grateful for suffering. He was telling us to find God within it and choose thanksgiving as a posture of the soul.

Gratitude Is Seeing Correctly

When we are consumed by what we lack, we develop a distorted view of our lives. Gratitude corrects our vision. It helps us see what is already present — the roof overhead, breath in the lungs, food on the table, answered prayers we have forgotten, people who love us, dangers we were protected from without even knowing.

Gratitude Is a Spiritual Discipline

Just like prayer, fasting, and Bible reading, gratitude must be cultivated intentionally. The grateful person is not someone to whom good things always happen — it is someone who has trained their eyes to see God in everything that happens. This journal is your training ground.

Gratitude Opens the Door to More

What you thank God for tends to multiply. When the Israelites complained, they circled the desert. When they praised, walls fell down. Gratitude is not just good manners with God — it is a spiritual posture that positions you to receive more of what He has prepared for your life.

How to Cultivate and Stay in Gratitude

1. Start Every Day With Thanksgiving

Before you check your phone, before your feet hit the floor, speak three things you are grateful for. What you focus on first becomes the lens through which you see everything else.

2. Keep a Daily Gratitude Record

This journal is your record. Writing things down makes them real and reviewable. When doubt comes, you can look back and see the faithfulness of God across your entire story.

3. Practice the ‘Even This’ Prayer

When something difficult happens, pray: ‘Lord, I don’t understand this — but even in this, I choose to trust You.’ This does not deny pain; it invites God into it.

4. Review Your History Regularly

God told Israel again and again to remember what He had done. Memory is a weapon against ingratitude. Read back through your answered prayers, survival stories, and testimonies.

5. Speak Gratitude Out Loud

Saying 'Thank You, Lord' out loud — even when you don't feel it — shifts the spiritual atmosphere around you. Praise is warfare, and gratitude is a form of praise.

6. Reframe, Don't Deny

Gratitude does not mean pretending everything is fine. It means holding pain and praise at the same time. You are allowed to say: 'This is hard AND God is still good.' Both can be true simultaneously.

WEEK 1

Seeing God's Goodness



Focus: Blessings · Provision · Protection · Family · Health · Opportunities

Key Scriptures: Psalm 103 · Psalm 23 · James 1:17

DAY 1 · 30-DAY GRATITUDE JOURNAL

Gratitude Begins With Awareness

Open your eyes to what is already here.

1

TODAY'S SCRIPTURE

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus." — 1 Thessalonians 5:18

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What blessings have I overlooked this week?

- What prayers has God already answered in my life?

-
-
- What do I have today that I once desperately prayed for?
-
-

- When was the last time I thanked God for an ordinary moment?
-
-

MY 10 BLESSINGS

List 10 blessings — big or small — that exist in your life right now.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“
*Father,
Thank You for every blessing I have ignored or forgotten.
Open my eyes to see Your goodness in my life.
Help me focus on what You have done instead of what I lack.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Take a 10-minute gratitude walk outside.
- ☐ Write down 5 things you have that others lack.
- ☐ Listen to worship music for 15 minutes.
- ☐ Read Psalm 23 aloud.

- ☐ Call someone who encourages you.
- ☐ Say 'Thank You, Lord' out loud three times.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 1 —

The Gift of Another Day

Every morning is evidence of God's mercy.

2

TODAY'S SCRIPTURE

*"Because of the Lord's great love we are not consumed,
for his compassions never fail. They are new every
morning." — Lamentations 3:22-23*

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What does waking up this morning mean for my story?

- How many mornings have I taken for granted?

- Who in my life is a daily blessing I rarely acknowledge?

- What does God's faithfulness look like in my daily life?

PEOPLE I AM GRATEFUL FOR

Write 5 people who make your life better and why you are grateful for each.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

Lord,
Thank You for another day. I did not earn it — You gave it.
Help me use every hour as a gift, not a right.
Let gratitude be my first response today.
Amen.

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Text someone: 'I am grateful for you today.'
- ☐ Write a thank-you note — even if you don't send it.
- ☐ Drink water slowly and acknowledge the gift of health.
- ☐ Before bed, recall three good moments from today.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 2 —

Counting What Remains

Gratitude focuses on what is still here.

3

TODAY'S SCRIPTURE

"The Lord is my shepherd; I shall not want." — Psalm 23:1

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What do I still have that I feared losing?

- What provision has God made without me even asking?

- Where has God been my shepherd — guiding me safely?

- What losses have actually protected me from something worse?

MY GRATITUDE INVENTORY

Check off everything you have today. Then add your own blessings to the list.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*Shepherd of my soul,
You have never left me wanting for what truly matters.
Teach me to see abundance where I see lack.
Restore my sense of wonder at Your provision.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Walk through your home and name 10 things you are grateful for.
- ☐ Eat a meal in silence, being intentional about thankfulness.
- ☐ Journal about a time God provided unexpectedly.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 3 —

The Dangers You Escaped

Gratitude remembers what could have been.

4

TODAY'S SCRIPTURE

"He who dwells in the shelter of the Most High will rest in the shadow of the Almighty." — Psalm 91:1

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What accidents or disasters has God shielded me from?

- Which bad decisions did God redirect before they ruined me?

- What harmful relationships did God remove from my life?

- How many times has God said 'no' to protect my 'yes'?

GOD SAVED ME FROM...

List 10 situations God saved you from. Be specific and honest.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

Protector God,

I confess I have rarely thanked You for dangers I never saw coming.

You are a shield around me.

Today I name every escape and every rescue — and I say thank You.

Amen.

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Spend 5 minutes recalling 'near misses' in your life.
- ☐ Write a letter to God thanking Him for specific protection.
- ☐ Share one testimony of God's protection with someone today.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 4 —

Answered Prayers

When you forget what God has done, review your history.

5

TODAY'S SCRIPTURE

"I will remember the deeds of the Lord; yes, I will remember your miracles of long ago." — Psalm 77:11

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What prayers have been answered that I have already forgotten?

- What did I cry out for that God gave me in His timing?

- Where am I standing today that I once prayed just to reach?

- How does remembering answered prayers strengthen my faith?

MY PRAYER WALL

Build your Prayer Wall: Prayer Request | Date Asked | Date Answered | How God Answered

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

Faithful God,

I build an altar of remembrance today.

You answered my cries. You came through. You never forgot me.

Help me never forget You. Let my testimony be my anchor of faith.

Amen.

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Review old journal entries — track what was answered.
- ☐ Thank God out loud for three specific prayers He answered.
- ☐ Share an answered prayer story with a friend or family member.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 5 —

The Blessings of Family and Community

6

People are some of God's greatest gifts.

TODAY'S SCRIPTURE

"God sets the lonely in families." — Psalm 68:6

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- Who in my family reflects God's love to me?

- What community or friendship has God placed around me?

- How has belonging to people shaped who I am today?

- Whose presence in my life do I undervalue?

MY GRATITUDE LETTER

Write a gratitude letter to one person you love. Pour out your heart.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*God of community,
Thank You for the people You placed around me.
They are reflections of Your love.
Forgive me for taking them for granted.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Call a family member and say: 'I love you and I am grateful for you.'
- ☐ Do something kind for someone in your community today.
- ☐ Pray for three specific people in your life by name.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 6 —

Week 1 Review — Seeing God's Goodness

Reflection sharpens gratitude.

7

TODAY'S SCRIPTURE

"Every good and perfect gift is from above, coming down from the Father of the heavenly lights." — James 1:17

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What was the most powerful gratitude insight from this week?

- What blessings did I discover that I had overlooked?

- How has my perspective shifted from Day 1 to today?

- What do I want to carry into Week 2?

MY WEEK 1 REFLECTION

Write your Week 1 wins. What changed in your heart this week?

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*Good Father,
You are the source of every gift I have ever received.
This week I chose to see You. I chose to acknowledge You.
I will keep my eyes fixed on Your goodness going forward.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Review all 7 days of entries and highlight your favorite moments.
- ☐ Share one gratitude revelation with someone you trust.
- ☐ Set your intention for Week 2.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 7 —

WEEK 2

Gratitude in Difficult Seasons



Focus: Trusting God · Perseverance · Hope · Healing

Key Scriptures: Romans 8:28 · Isaiah 41:10 · Jeremiah 29:11

DAY 8 · 30-DAY GRATITUDE JOURNAL

Gratitude When Life Is Hard

8

Thanksgiving is not the absence of pain — it is God's presence with you.

TODAY'S SCRIPTURE

"And we know that in all things God works for the good of those who love him." — Romans 8:28

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What difficult season am I walking through right now?

- Where can I find God's hand even in this hard thing?

-
-
- What has this season taught me that comfort could not?
-
-

- Can I trust that this too is working for my good?
-
-

BLESSINGS DISGUISED AS PAIN

Name 5 difficult experiences and write one gift that came from each one.

GOAL SETTING

Daily Goal

What is one thing I can accomplish today?

Weekly Goal

What one area do I want to improve this week?

Monthly Goal

What major goal am I trusting God to help me achieve this month?

TODAY'S PRAYER

“

Lord,

I do not understand everything I am walking through. But I trust You.

You promised to work all things for good.

I will hold that promise today, even when I cannot see the end.

Amen.

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Name your current struggle out loud — then name one thing God is doing in it.
- ☐ Read the story of Joseph in Genesis 37–50.
- ☐ Write: 'This is hard AND God is still good.' Say it until you believe it.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 8 —

Strength You Didn't Know You Had

You survived things you thought would break you.

9

TODAY'S SCRIPTURE

*"I can do all this through him who gives me strength." —
Philippians 4:13*

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What trial did I survive that seemed impossible at the time?

- What did I discover about myself in the hardest moments?

- Where did God give me strength I did not manufacture myself?

- How has my endurance become a testimony?

I SURVIVED THIS

List 10 hard things you survived. Celebrate your resilience before God.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*God of strength,
I am still standing. That alone is a miracle.
Thank You for every hard moment You carried me through.
When my legs gave way, You were my legs.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Speak aloud: 'I am still here. God is not done with me.'
- ☐ Write one hard thing you are currently enduring — then write: 'God will bring me
- ☐ Exercise today as an act of honoring the body God gave you.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 9 —

Gratitude for Unanswered Prayers

Sometimes God's 'no' is the greatest gift.

10

TODAY'S SCRIPTURE

"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you." — Jeremiah 29:11

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What prayer am I grateful God did NOT answer the way I wanted?

- Which closed door in my life led me to something better?

- How has God's 'no' protected me from harm I could not foresee?

- Can I thank God for His wisdom even when I don't understand it?

GOD'S BETTER PLAN

Write 5 things you didn't get — and what you received instead.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
---	--

Monthly Goal

What major goal am I trusting God to help me achieve this month?

TODAY'S PRAYER

“

All-knowing Father,

Your ways are not my ways.

Every 'no' You spoke to me was an act of love.

Today I release my disappointments and trust Your plan is better than mine.

Amen.

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Write a list of unanswered prayers and look for God's redirects in each.
- ☐ Meditate on Proverbs 3:5-6 — lean not on your own understanding.
- ☐ Let go of one thing God has redirected.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 10 —

Gratitude in Seasons of Waiting

Waiting is not wasted when God is at work.

11

TODAY'S SCRIPTURE

*"But those who hope in the Lord will renew their strength.
They will soar on wings like eagles." — Isaiah 40:31*

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What am I currently waiting for?

- How is God developing me during this waiting season?

- What have I already received while waiting for the 'big' thing?

- Can I choose gratitude right now, in the middle of the wait?

GIFTS IN THE WAITING

Write 3 gifts God gave you while you were waiting for something else.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*Patient and faithful God,
Teach me the art of holy waiting.
While I wait, let me not miss the gifts You place at my feet.
Renew my strength. Let me soar.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ List things you are trusting God for — and what He gave you while you wait.
- ☐ Spend 10 minutes in silence, simply resting in God's presence.
- ☐ Read Psalm 27 — a psalm of waiting and trusting.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 11 —

Gratitude for the Body God Gave You

12

Your body is a miracle you carry daily.

TODAY'S SCRIPTURE

"I praise you because I am fearfully and wonderfully made." — Psalm 139:14

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What does my body do every day that I take for granted?

- How has God sustained my health in ways I rarely acknowledge?

- What would I be without the physical capacity I have right now?

- How can I honor God with the body He entrusted to me?

MY BODY, GOD'S GIFT

List 10 things your body does every day that are gifts from God.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*Creator God,
You knit me together in my mother's womb.
I confess I rarely thank You for the wonder of my physical life.
Today I honor You with my body. It is Yours.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Take a 15-minute walk and thank God with every step.
- ☐ Drink water and say 'thank You' as you nourish your body.
- ☐ Rest fully tonight — sleep is a spiritual act of trust.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 12 —

Lessons Wrapped in Loss

What we lose shapes us as much as what we gain.

13

TODAY'S SCRIPTURE

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." — Psalm 34:18

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What have I lost that I have not fully grieved or honored?

- What did a loss teach me that I carry as wisdom today?

- How has God been close to me in my most broken moments?

- Can I extend gratitude for the person I became through loss?

WHAT LOSS TAUGHT ME

Write about one loss — and name three ways you grew because of it.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

God of comfort,

You have not been far from my pain. You have been inside it.

Thank You for meeting me in the dark and turning loss into legacy.

Let my wounds become wisdom.

Amen.

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Honor a loss you have not properly processed — write it out.
- ☐ Do something today that the person you have become would do with courage.
- ☐ Ask God: 'What are You building in me through this?'

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 13 —

Week 2 Review — Gratitude in Difficult Seasons

14

Gratitude and pain can exist in the same heart.

TODAY'S SCRIPTURE

"Though he slay me, yet will I hope in him." — Job 13:15

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What difficult things have I learned to give thanks for this week?

- How has my perspective on hardship shifted?

- Where do I still struggle to find gratitude in pain?

- What truth am I holding tightly as I move into Week 3?

MY WEEK 2 DISCOVERY

Write your most powerful insight from Week 2.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*God who works in all things,
I choose to trust You even in what I don't understand.
You have been faithful in every season — difficult and easy.
My gratitude is rooted in who You are, not what I feel.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Review your Week 2 entries and circle the most powerful moment.
- ☐ Pray specifically for someone you know going through a hard season.
- ☐ Write your declaration: 'I choose gratitude even when I don't feel it.'

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 14 —

WEEK 3

Gratitude for Growth



Focus: Lessons Learned · Personal Growth · Spiritual Maturity · Wisdom

Key Scriptures: Proverbs 3:5-6 · Philippians 1:6 · James 1:2-4

DAY 15 · 30-DAY GRATITUDE JOURNAL

Gratitude for Who You Are Becoming

15

Growth is a gift. So is the process.

TODAY'S SCRIPTURE

"Being confident of this, that he who began a good work in you will carry it on to completion." — Philippians 1:6

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- Who was I 5 years ago, and who am I now?

- What areas of my character has God been refining?

-
-
- What does growth look like in my day-to-day life right now?
-
-

- What evidence do I have that God is completing a good work in me?
-
-

MY GROWTH STORY

Write 5 ways you have grown in the last 12 months.

GOAL SETTING

Daily Goal

What is one thing I can accomplish today?

Weekly Goal

What one area do I want to improve this week?

Monthly Goal

What major goal am I trusting God to help me achieve this month?

TODAY'S PRAYER

“

Refining God,

Thank You for never giving up on me.

Every lesson was intentional. Every correction was love.

I am grateful for the beautiful process of becoming.

Amen.

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Write a letter from your future self to your current self.
- ☐ Identify one area where you are growing and celebrate it today.
- ☐ Share your growth story with someone who needs encouragement.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 15 —

Wisdom Earned Through Experience

16

Your history is your curriculum.

TODAY'S SCRIPTURE

"If any of you lacks wisdom, you should ask God, who gives generously to all." — James 1:5

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What mistakes have become my most valuable teachers?

- What wisdom do I carry now that came through struggle?

- How has experience shaped my decision-making for the better?

- Whose wisdom in my life am I most grateful for?

LESSONS THAT MADE ME WISER

List 5 hard lessons and the wisdom each one gave you.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*Wise and gracious God,
Nothing in my story was wasted.
Every season of confusion was a classroom.
I am grateful for wisdom that came the hard way.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Write one piece of wisdom you would give your younger self.
- ☐ Mentor or encourage someone younger than you today.
- ☐ Thank God for a wise person He placed in your life.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 16 —

Gratitude for Spiritual Growth

Your faith journey is a testimony of grace.

17

TODAY'S SCRIPTURE

"Grow in the grace and knowledge of our Lord and Savior Jesus Christ." — 2 Peter 3:18

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- How has my relationship with God deepened over the years?

- What spiritual disciplines have grown my faith?

- Where do I see the Holy Spirit working in my life today?

- What scripture has become an anchor for my soul?

MY FAITH JOURNEY

Write your spiritual growth story — from where you started to where you are now.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*Holy Spirit,
Thank You for every moment of conviction, comfort, and growth.
I am grateful for faith. It is the greatest gift I have ever received.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Spend 15 extra minutes in prayer today.
- ☐ Read a passage of scripture slowly and prayerfully.
- ☐ Journal about one moment when God felt most real to you.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 17 —

Gratitude for Your God-Given Gifts

What you carry was placed inside you on purpose.

18

TODAY'S SCRIPTURE

"Each of you should use whatever gift you have received to serve others." — 1 Peter 4:10

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What gifts, talents, and abilities has God placed inside me?

- Am I using my gifts or hiding them?

- Who has benefited from something I offered freely?

- How does using my gifts connect to gratitude?

MY GOD-GIVEN GIFTS

List 10 gifts, talents, or strengths God has given you.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*God who gives gifts,
Thank You for placing purpose inside me.
I will not bury what You gave me.
Every talent I have is Yours — used for Your glory.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Use one of your gifts today to bless someone.
- ☐ Write a thank-you note to God for your specific talents.
- ☐ Ask: 'How can I develop and multiply what God gave me?'

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 18 —

Gratitude for Doors God Opened

Opportunities are invitations from God.

19

TODAY'S SCRIPTURE

"I have placed before you an open door that no one can shut." — Revelation 3:8

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What opportunities has God opened for me that I did not create?

- What open doors am I currently standing in front of?

- Which open door changed the course of my life?

- How do I respond when God opens a door unexpectedly?

OPEN DOORS IN MY LIFE

List 5 open doors God placed before you and how you walked through each.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*God of open doors,
I am grateful for every opportunity You placed in my path.
Let me not be blind to the doors You are opening right now.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Identify one open door right now — and take one step toward it.
- ☐ Thank God for an opportunity that changed your life.
- ☐ Pray for clarity about doors God wants you to walk through next.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 19 —

Gratitude for Rest and Peace

Stillness is also a blessing.

20

TODAY'S SCRIPTURE

"He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul." — Psalm 23:2-3

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- When was the last time I truly rested in God's presence?

- Do I allow myself to receive peace, or do I run from stillness?

- What would change if I practiced more intentional rest?

- How is peace evidence of God's goodness in my life?

MOMENTS OF GOD'S PEACE

*Write about a moment of deep peace you experienced. Where were you?
What was happening?*

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*Prince of Peace,
Still my anxious heart. Let me lie down in Your green pastures.
I don't have to have it all figured out to rest in You.
Your peace is a gift I receive today.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Take a 30-minute rest today with no phone.
- ☐ Sit in God's presence quietly for 10 minutes.
- ☐ Read Psalm 23 aloud slowly, as a prayer.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 20 —

Week 3 Review — Gratitude for Growth

21

Look how far you have come.

TODAY'S SCRIPTURE

"The path of the righteous is like the morning sun, shining ever brighter till the full light of day." — Proverbs 4:18

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What growth had I not noticed before this journal?

- How has gratitude changed my relationship with the process of becoming?

- What am I most proud of from this week's reflections?

- What truth about God has become more real to me?

MY WEEK 3 REVELATION

Write your biggest Week 3 discovery. What changed about how you see yourself?

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*God of all growth,
I am not the same person who started this journal.
You have been working in me. I see the progress. I feel the shift.
I am grateful for the journey, not just the destination.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Review all 21 days — what patterns do you see?
- ☐ Write down 3 truths about yourself you are grateful to have discovered.
- ☐ Celebrate: do something today that brings you joy.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 21 —

WEEK 4

Gratitude for Purpose



Focus: Calling · Service · Impact · Legacy

Key Scriptures: *Jeremiah 1:5 · Ephesians 2:10 · Matthew 5:16*

DAY 22 · 30-DAY GRATITUDE JOURNAL

Gratitude for Purpose

You were created with intention.

22

TODAY'S SCRIPTURE

"Before I formed you in the womb I knew you, before you were born I set you apart." — Jeremiah 1:5

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What is the purpose God placed inside me?

- Where do I see my life making a difference?

-
-
- What would be lost if I never fulfilled my calling?
-
-

- How does living in purpose connect to gratitude?
-
-

MY PURPOSE STATEMENT

Write your personal purpose statement. What were you created to do and give?

GOAL SETTING

Daily Goal

What is one thing I can accomplish today?

Weekly Goal

What one area do I want to improve this week?

Monthly Goal

What major goal am I trusting God to help me achieve this month?

TODAY'S PRAYER

“

God who called me by name,

Thank You for purpose.

Not just existence — but a reason for it.

Show me clearly the assignment You gave me.

Amen.

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Write your purpose in one sentence and put it somewhere visible.
- ☐ Identify one action today that aligns with your calling.
- ☐ Pray for clarity about your assignment for this season.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 22 —

The Impact You Have Already Made

Your life has already blessed others.

23

TODAY'S SCRIPTURE

*"Let your light shine before others, that they may see your good deeds and glorify your Father in heaven." —
Matthew 5:16*

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- Who has my life positively affected?

- What difference has my presence made in someone's story?

- How have I served, given, or encouraged others this year?

- What legacy am I building with my daily choices?

MY IMPACT LIST

List 10 people or moments where your presence made a positive impact.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*God of purpose,
Let my life be a light. Let my words build.
Let my actions serve. Let my legacy reflect Your goodness.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Reach out to someone you positively impacted and let them know you care.
- ☐ Serve someone today without expecting anything in return.
- ☐ Write about the legacy you want to leave.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 23 —

God's Faithfulness Across Time

Look at your whole story — God has been constant.

24

TODAY'S SCRIPTURE

*"Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love." —
Deuteronomy 7:9*

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What chapter of my life most clearly shows God's faithfulness?

- When I look at my timeline, where do I see God's hand?

- What promises has God kept that I once declared impossible?

- How does remembering His faithfulness increase my trust today?

MY FAITH TIMELINE

Write your faith timeline. Key moments at each age where God showed up.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
--	---

Monthly Goal
What major goal am I trusting God to help me achieve this month?

TODAY'S PRAYER

“

*Covenant-keeping God,
Your record of faithfulness in my life is undeniable.
You were there before I knew You. You have never left.
I lay my timeline before You as an offering of thanksgiving.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Write your testimony — the short version — and share it with someone.
- ☐ Thank God for 5 promises He has kept in your life.
- ☐ Read about God's faithfulness to Israel in Nehemiah 9.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 24 —

Gratitude for the Power of Prayer

Prayer is the greatest privilege of the grateful heart.

25

TODAY'S SCRIPTURE

*"In every situation, by prayer and petition, with thanksgiving, present your requests to God." —
Philippians 4:6*

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What role has prayer played in my story?

- What has happened in my life because I prayed?

- How does coming to God with thanksgiving change prayer?

- What would I have missed if I had never learned to pray?

MY PRAYER OF THANKSGIVING

Write a full personal prayer of thanksgiving — as long and detailed as you can.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

Oh Lord,

What a privilege that You hear me.

I can come to You — any time, anywhere — and You listen.

I am grateful for the gift of prayer. It has saved my life more than once.

Amen.

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Spend 20 minutes in extended prayer today.
- ☐ Write a prayer you want to pray every morning this week.
- ☐ Pray for someone else's needs before your own today.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 25 —

Gratitude for Community and the Church

26

You were not meant to do this alone.

TODAY'S SCRIPTURE

"Let us spur one another on toward love and good deeds, not giving up meeting together." — Hebrews 10:24-25

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- Who is my spiritual community?

- How has being part of a community of faith shaped me?

- Who have I served or encouraged in my community?

- How is belonging to something bigger than myself a gift?

MY COMMUNITY GRATITUDE

Write about 3 ways your faith community has blessed your life.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

God of community,

Thank You for the gift of belonging.

For shared faith, shared tears, and shared celebrations.

Help me invest more deeply in the people You placed around me.

Amen.

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Connect with your faith community in a meaningful way this week.
- ☐ Encourage a fellow believer today.
- ☐ Pray for your church, pastor, or spiritual community by name.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 26 —

Gratitude for God's Word

The Bible is the most powerful gift ever given to humanity.

27

TODAY'S SCRIPTURE

*"Your word is a lamp for my feet, a light on my path." —
Psalm 119:105*

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What scripture has changed my life?

- How has God's Word spoken to me in moments of need?

- What promise from the Bible am I standing on right now?

- How would my life look if I had no access to God's Word?

SCRIPTURES THAT CHANGED ME

Write your top 5 most meaningful scriptures and why each matters to you.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

Living Word,

I am grateful for the Bible.

For every promise, every story, every correction, every comfort.

Let me be a person shaped by Your Word every single day.

Amen.

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Read one chapter of Psalms and write what God says to you through it.
- ☐ Memorize one scripture this week.
- ☐ Share a meaningful scripture with someone who needs encouragement.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 27 —

Gratitude for God's Grace and Mercy

28

You have been loved at your worst — that is grace.

TODAY'S SCRIPTURE

"Because of his great love for us, God, who is rich in mercy, made us alive with Christ." — Ephesians 2:4-5

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What does grace mean to me personally?

- When have I most clearly experienced God's mercy?

- How does knowing I am loved unconditionally change how I live?

- In what ways have I extended grace to others?

GRACE I HAVE RECEIVED

Write about a moment you experienced God's grace. What did He forgive or restore?

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*God of grace and mercy,
I am overwhelmed by how loved I am.
Not because I earned it — but because You are who You are.
Thank You for the mercy that follows me every day of my life.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Extend grace to someone who has hurt or disappointed you.
- ☐ Write: 'I am loved. I am forgiven. I am held by grace.'
- ☐ Thank God specifically for one act of mercy He showed you.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 28 —

Gratitude for the Journey Ahead

The best chapters of your story are still unwritten.

29

TODAY'S SCRIPTURE

"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." — Jeremiah 29:11

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- What do I believe God has prepared for my future?

- What seeds am I planting today that will bear fruit later?

- How has this 30-day journey prepared me for what is ahead?

- What do I want to trust God for in the next season?

MY VISION FOR THE YEAR AHEAD

Write a vision statement for the next 12 months of your life.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

*God of my future,
I release the past into Your hands.
I step into tomorrow with gratitude.
The best is not behind me. With You, the best is always ahead.
Amen.*

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Write your goals for the next 90 days.
- ☐ Create a vision list for the year ahead.
- ☐ Commit your future to God in prayer today.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 29 —

Walking in Gratitude Forever

Gratitude is not a 30-day challenge. It is a way of life.

30

TODAY'S SCRIPTURE

*"Surely goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord forever."
— Psalm 23:6*

TODAY'S REFLECTION

Take a quiet moment before answering each question.

- How have I changed over these 30 days?

- What is the most powerful lesson gratitude has taught me?

- How has my relationship with God grown through this journal?

- What one habit will I commit to carrying forward?

MY 30-DAY GRATITUDE TESTIMONY

Write your 30-day completion reflection. This is your testimony of transformation.

GOAL SETTING

Daily Goal What is one thing I can accomplish today?	Weekly Goal What one area do I want to improve this week?
Monthly Goal What major goal am I trusting God to help me achieve this month?	

TODAY'S PRAYER

“

Faithful God,

You have walked every single day of this journey with me.

I choose gratitude. I choose joy. I choose to live in thankfulness.

Surely Your goodness and mercy will follow me all the days of my life.

Amen.

My personal prayer today:

ACTION STEPS — IF YOU ARE STRUGGLING TODAY

- ☐ Write your declaration: 'I choose gratitude as a way of life.'
- ☐ Share your 30-day transformation with someone.
- ☐ Start again — or gift this journal to someone who needs it.
- ☐ Commit to one daily gratitude practice you will keep forever.

JOURNAL SPACE — Today I Am Grateful For...

Write freely. This is your sacred space with God.

— End of Day 30 —



Special Reflection Pages

God Saved Me

20 Situations God Protected Me From

Examples: car accidents, bad relationships, financial disaster, wrong opportunities, harmful friendships, poor decisions, illness, dangerous situations.

01. _____
02. _____
03. _____
04. _____
05. _____
06. _____
07. _____
08. _____
09. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____

18. _____

19. _____

20. _____

**What do these experiences teach me about
God's faithfulness?**

My Prayer Wall

Prayer Request	Date Asked	Answered	How God Answered

My Gratitude Inventory

Check everything you have today. Then add your own blessings below.

- | | |
|---|--|
| ☐ Home | ☐ Safety |
| ☐ Food | ☐ Running water |
| ☐ Transportation | ☐ Electricity |
| ☐ Family | ☐ A phone or computer |
| ☐ Friends | ☐ Community |
| ☐ Employment | ☐ Freedom |
| ☐ Health | ☐ A bed to sleep in |
| ☐ Faith | ☐ Clothing |
| ☐ Education | ☐ Peace of mind |
| ☐ Opportunities | ☐ God's Word |

Additional blessings I want to add:

My Wins and Accomplishments

This Month I:

- ☐ Completed a project
- ☐ Helped someone
- ☐ Learned something new
- ☐ Improved my health
- ☐ Grew spiritually
- ☐ Reached a goal
- ☐ Encouraged someone
- ☐ Faced a fear
- ☐ Made a positive change
- ☐ Kept a promise to myself

My biggest accomplishment this month:

How did God help me achieve this?

30-Day Completion Reflection

What has changed about me over these 30 days?

How has my relationship with God improved?

What blessings am I now more aware of?

What did I learn about gratitude that I did not know before?

What habits will I continue beyond this journal?

What would I tell someone just starting this journey?



My Final Declaration

I choose gratitude.

I choose joy.

I choose faith.

I choose hope.

I choose to remember God's goodness.

**I will focus on His blessings instead of my
limitations.**

I will celebrate progress instead of perfection.

**I will walk in thankfulness and trust God with my
future.**

*"Surely goodness and mercy shall follow me all the days of my
life,
and I will dwell in the house of the Lord forever."*

— Psalm 23:6



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