



Gratitude & Growth Journal Page

A New Year to *Renew, Reset, & Restart*

The Previous Year Taught Me... What are three positive things that happened last year?

1. _____

2. _____

3. _____

Three People Who Inspire Me... (i.e. Think of a spiritual leader, or any prominent figure who you admire for their character and personality)...

1. _____

2. _____

3. _____

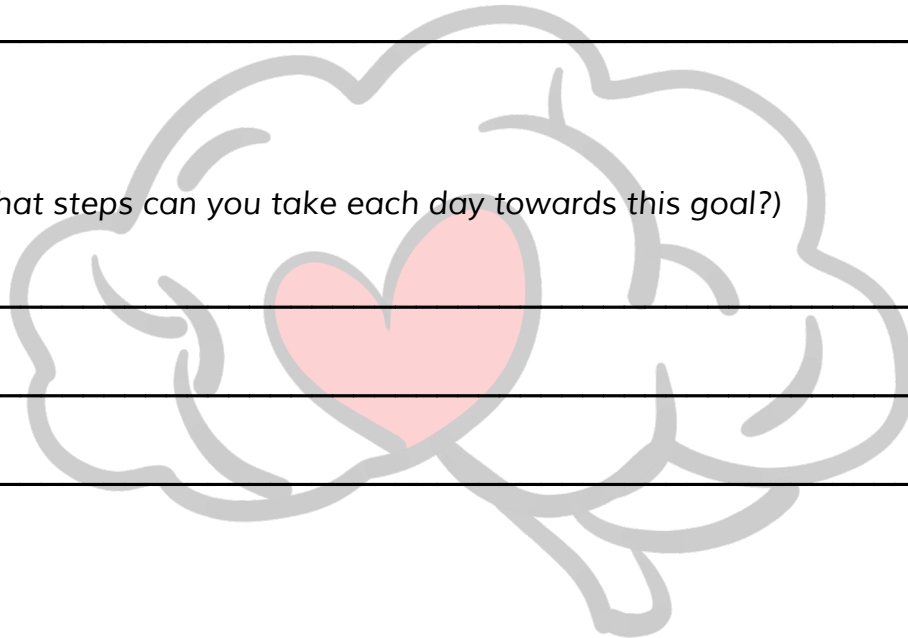
My Vision for the New Year

Focus on ONE goal for each category...

Physical/Health (i.e. Weight-loss, End An Addiction, Healthier Eating Habits, Exercise, Consistency in Taking Medication...)

What: (What is one thing you want to accomplish?)

How: (What steps can you take each day towards this goal?)



Emotional/Mental Wellbeing Health (i.e. Affirmations, Talk Therapy, Meditation, Yoga...)

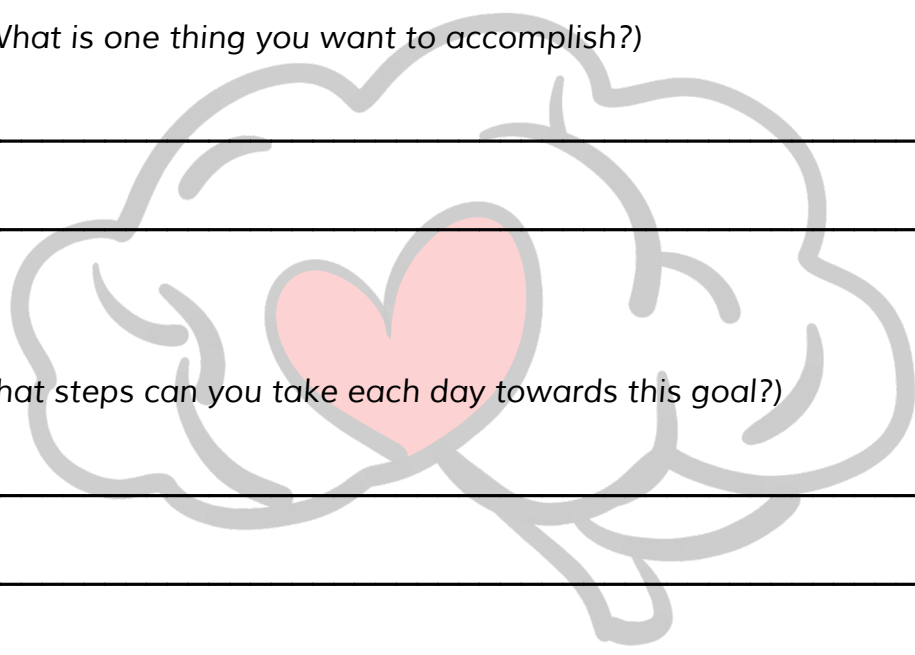
What: (What is one thing you want to accomplish?)

How: (What steps can you take each day towards this goal?)

Educational/Work Health (i.e. Learn something new, practice a musical instrument, sharpen a skill/talent...)

What: (What is one thing you want to accomplish?)

How: (What steps can you take each day towards this goal?)



Spiritual/Mindfulness Health (i.e. Read scriptures, read a biography, prayer, meditation, learn about a different religion...)

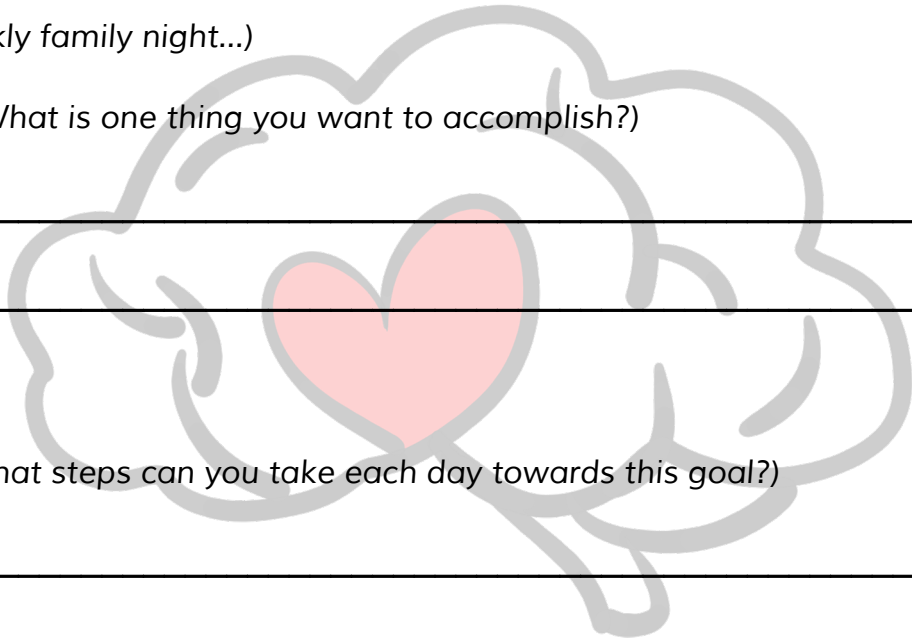
What: (What is one thing you want to accomplish?)

How: (What steps can you take each day towards this goal?)

Family/Personal Health (i.e. Less time on social media, weekly date night, weekly family night...)

What: (What is one thing you want to accomplish?)

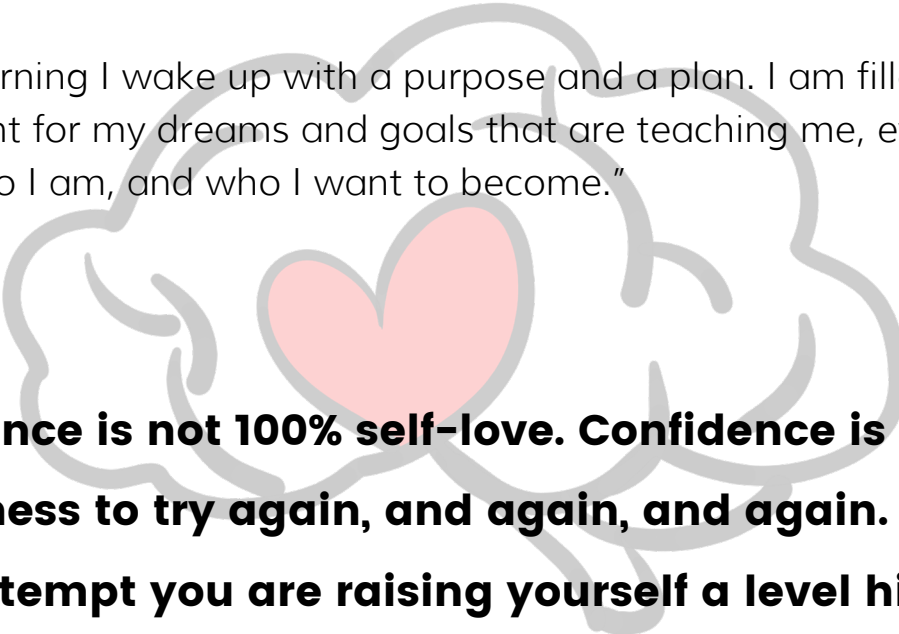
How: (What steps can you take each day towards this goal?)



New Year Affirmations

Goals & Dreams are not about the accomplishment, they simply serve as a beacon that leads you towards growth and transformation.

"Each morning I wake up with a purpose and a plan. I am filled with excitement for my dreams and goals that are teaching me, every day, about who I am, and who I want to become."



Confidence is not 100% self-love. Confidence is the willingness to try again, and again, and again. With each attempt you are raising yourself a level higher, making you a little wiser. You are restarting from experience. Failure=feedback. Mistakes are proof that you are taking action towards improving yourself!

"I am not afraid to try again, for I know that with each attempt I am growing closer towards ultimate success."

"I begin this day with forgiveness in my heart. I am filled with the light of love, and peace that fills my body, beginning in my mind—flowing down through my body to my toes. I am love. I am light. I am at complete peace with my life."

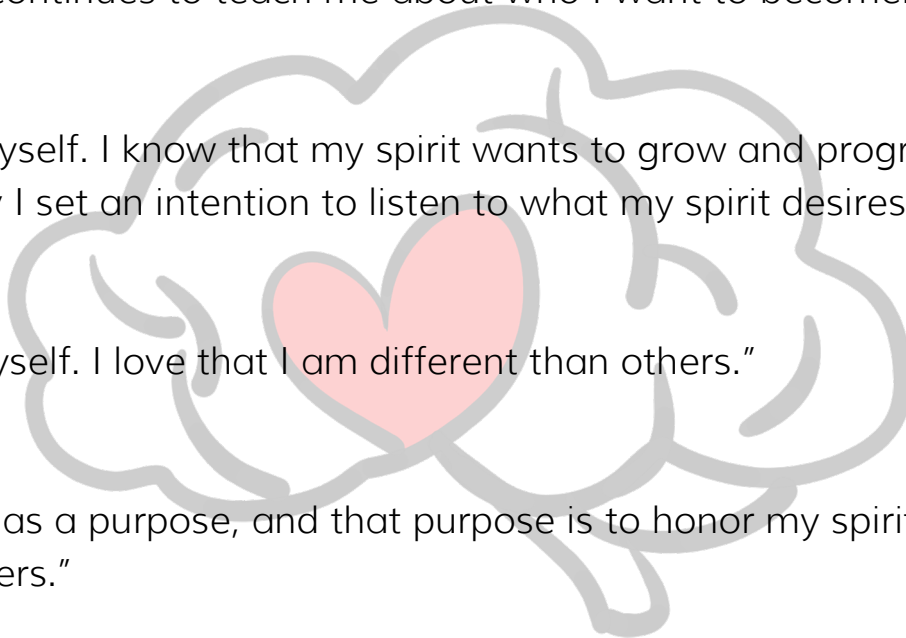
"I am richly blessed. I have everything I need. I am completely present, in this moment."

"I am grateful for my past because it prepared me for who I am today. My past continues to teach me about who I want to become."

"I trust myself. I know that my spirit wants to grow and progress. Every day I set an intention to listen to what my spirit desires."

"I love myself. I love that I am different than others."

"My life has a purpose, and that purpose is to honor my spirit, and serve others."



Write three more affirmations for this year:

*Join the [Be Kind Minds Facebook Group](#) and share your progress!