

Gratitude Journal

Mim FORTIES

Why Practice Gratitude

As mentioned in my gratitude blog, writing down things that you are grateful for can improve your sleep, reduce stress and keep you in a positive mood, which is so essential when trying to get pregnant.

Method

Either find quiet time first thing in the morning or just before going to bed.

Take a moment to totally relax by taking 3 slow deep breaths.

Your gratitude could be towards a person, nature, an event that happened.

Whatever it may be, take time to really savour that feeling of gratitude. This bit can be tough, as more thoughts begin to enter your mind, but with practice, it will become easy and you will notice the benefit!

Gratitude Journal

Write 3 things that you're grateful for every day. Just try it for 1 week and see how you feel after x

Day 1



Three horizontal grey rectangular boxes are stacked vertically, serving as writing areas for the gratitude journal entries.

Mim FORTIES

Day 2



Mim FORTIES

Day 3

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Day 4

MiM FORTIES

Day 5

MIM FORTIES

Day6

MiM FORTIES

Day7

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