

YOUR 3-3-3 GRATITUDE JOURNAL GUIDE

A simple daily ritual to APPRECIATE, GROW and GIVE

A FREE PRACTICAL GUIDE FROM SARA INNER HEALING

Gratitude is more than noticing what is good. It is choosing how appreciation shapes your thoughts, intentions and actions.

THE METHOD IN THREE STEPS

01 APPRECIATE

Write three things you are grateful for. Be specific about why each one matters.

02 GROW

Recognise three ways you are learning, healing or developing personal strengths.

03 GIVE

Choose three small actions that express gratitude through kindness, care or connection.

Five to ten minutes is enough. Your reflections do not need to be perfect, only sincere.

Heal the root, not the branch.

YOUR DAILY 3-3-3 WORKSHEET

Date: _____

1 APPRECIATE

What three things am I grateful for today? Why do they matter?

2 GROW

What three strengths, lessons or moments of progress can I recognise?

3 GIVE

What three ways can I express gratitude through action?

My intention for today: _____

YOUR 7-DAY GRATITUDE PLAN

Use one daily prompt alongside your 3-3-3 worksheet. Tick each day when complete.

DAY	DAILY FOCUS	DONE
MON	Notice three everyday blessings.	[]
TUE	Appreciate someone who has helped you.	[]
WED	Recognise how you have grown.	[]
THU	Give thanks for a moment of peace.	[]
FRI	Express appreciation through kindness.	[]
SAT	Reflect on a challenge and the support available.	[]
SUN	Review your week and set a loving intention.	[]

A gentle reminder

You can acknowledge difficult emotions and still notice something meaningful. Gratitude is not a demand to feel positive or a substitute for support when you need it.

Explore more gratitude and emotional wellbeing resources at sarainnerhealing.com.

Dr Shelah Harris (Pen Name Sara Ahavah) | Sara Inner Healing