



30 days of Gratitude

LAW OF ATTRACTION DAILY JOURNAL



30-days of Gratitude

This journal is a guide for beginning the rest of your journey into mastering manifestations via the Law of Attraction. It includes positive prompts, inspirational quotes and statements for a full 30 days of gratitude.

Journaling allows you to clearly set goals and visualize your desired life, while establishing positive thinking habits and allowing time for reflection.

The Law of Attraction means you are in control of what you attract. You are in control of what you manifest.

Use Gratitude to harness the power within:

Ask, believe, and receive.

DAY 1

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

❧ List 10 things you are
grateful for today. ❧

DAY 2

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

Who are you most grateful for in
your life today? Why?

A large, empty rectangular box with a light pink background, intended for journaling or writing.

DAY 3

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.



What skills and traits are you
most thankful to have?

A large, empty rectangular box with a light pink background, intended for journaling or writing answers to the question above.

DAY 4

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.



Recall a recent hardship – how
did you learn from it?

A large, empty rectangular box with a light peach background, intended for the user to write their reflection on a recent hardship.

DAY 5

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

What simple part of your life are
you most grateful for?

A large, empty rectangular box with a light pink background, intended for journaling or writing a response to the question above.



DAY 6

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

Who had done something to help
or make your life easier?



DAY 7

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

 Which part or parts of nature are
you most grateful for? 


DAY 8

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.



 List 10 materials you are most grateful for. 

DAY 9

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.



Write a thank you to the most
influential person in your life -
past or present.



DAY 10

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

Think back to where you were 5 years ago. What life changes are you most grateful for?


DAY 11

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.



Which foods or beverage are you
most grateful for?

DAY 12

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.




What can you do to show
someone you are grateful for
them?




DAY 13

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

Oprah Winfrey once said:



"Be thankful for what you have;
you'll end up having more. If you
concentrate on what you don't have,
you will never, ever have enough."



Do you agree? Why, or why not?



DAY 14

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

What accomplishments have
brought you the most joy and
fulfillment?

A large, empty, light pink rectangular box intended for journaling or writing answers to the prompt above.

DAY 15

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

How difficult would your life be
without your closest loved one?

A large, empty rectangular box with a light pink background, intended for journaling or writing.



DAY 16

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

What was the last act of kindness
you did? Think of ways you can
make 5 strangers smile tomorrow.

DAY 17

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

 What is your favorite family tradition? Share what you like most about it. 

DAY 18

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

What made you smile today? What
made you laugh?

A large, empty rectangular box with a light pink background, intended for journaling or drawing.

DAY 19

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

Describe your ideal Sunday. How
can you make today feel more like
that perfect day?

DAY 20

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

JOHN F. KENNEDY ONCE SAID:

"As we express our gratitude, we
must never forget that the highest
appreciation is not to utter words,
but to live by them"

Do you agree? Why, or why not?

DAY 21

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

What is one of "the little things" you think is most under appreciated?
why?

DAY 22

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

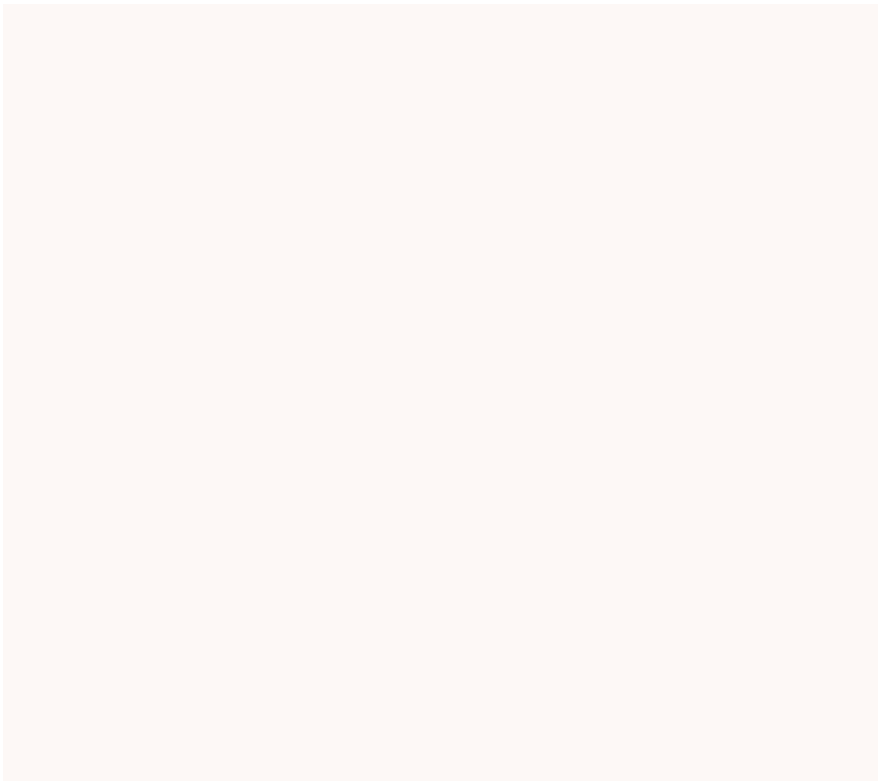
Being thankful is the best thing you
can possibly be. Do you agree or
disagree?

DAY 23

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.



Reflect on your favorite childhood
memory. What made it so great?

A large, empty rectangular box with a light pink background, intended for the user to write their reflection on their favorite childhood memory.

DAY 24

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.



What was something beautiful or
striking you saw today?

A large, empty rectangular box with a light pink background, intended for journaling or drawing.

DAY 25

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.


What would you tell your best friend
that you like most about them?

DAY 26

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.



What is your favorite quote about gratitude? Why does it resonate with you?

A large, empty rectangular box with a light pink background, intended for the user to write their response to the question.

DAY 27

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.



What is an embarrassing thing you
are most grateful never happened?

A large, empty rectangular box with a light pink background, intended for the user to write their response to the question above.

DAY 28

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

❧ What song are you most glad exists? ❧

DAY 29

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

What was your favorite birthday like? How can you make tomorrow more like that day?

DAY 30

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.




What 5 compliments would you
want someone to give you?

A large, empty rectangular box with a light pink background, intended for the user to write their five compliments.

BONUS-DAY 31

- Select any affirmation and repeat it 5 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy via 15 - 20 minutes of meditation.
- Visualize the life you desire.

❧ List 30 things you are most grateful for today. ❧

A flat-lay photograph of a desk with a cup of coffee, pink roses, a laptop, and jewelry. The background is a white surface. In the top left, there is a white cup with a gold handle filled with a light brown liquid. To its right are several large, light pink roses. In the bottom left, there is a small white plate with two macarons, one pink and one orange. In the bottom right, there is a silver laptop keyboard. In the center, there is a large, light pink diamond-shaped overlay with a thin gold border. Inside this overlay is a quote in black serif font. Below the quote, the name 'MARCEL PROUST' is written in a smaller, black, all-caps sans-serif font. In the bottom left corner, there is a pink box with a gold ring and a black beaded necklace on it. The text 'GET IT DONE' is visible on the box.

"Let us be grateful to people who
makes us happy, they are the
charming gardener who make our
soul blossom."

MARCEL PROUST

HAPPINESS & JOY DAILY AFFIRMATIONS

I ONLY HOLD
Happiness
AND
Joy
IN MY HEART

Joy
BRIGHTENS MY
LIFE, AS WELL AS
THE LIVES OF
THOSE I MEET

I AM
Happiness
JUST AS
Happiness
IS ME

Happiness
AND
Joy
EXIST IN MY
DAILY LIFE

I FOCUS ONLY ON
Joy
AND LET GO OF ALL
THE NEGATIVITY

I CHOOSE TO
BE
Happy

Joy
RESIDES IN ALL
ASPECTS IN MY
LIFE

I HAVE
Happiness
AND
Joy
IN ABUNDANCE

Happy
THOUGHTS
FLOOD MY LIFE
AND SELF

I SEND
Joyful
THOUGHTS
OUR IN THE
UNIVERSE

I ATTRACT
Happiness
AND GIFT IT TO
THOSE AROUND ME

I BRING
Joy
TO THE LIVES
OF OTHERS

Happiness
CONTINUES TO
GROW WITHIN
ME

I SHARE MY
Joy
SELFLESSLY AND
WITHOUT LIMITS

I RECEIVE AN
ABUNDANCE OF
Happiness
AND ENDLESS
AMOUNTS OF JOY

LOVE & RELATIONSHIP DAILY AFFIRMATIONS



MONEY & WEALTH DAILY AFFIRMATIONS

I HAVE MORE
wealth
THAN I EVER
IMAGINED

I FEEL GOOD
ABOUT THE
money
I HAVE

MY LIFE IS FULL OF
success

I AM
wealthy

I AM DESERVING
THE
success
I HAVE IN MY LIFE

A GREAT
ABUNDANCE OF
wealth
IS FLOWING TO ME
RIGHT NOW

I ALWAYS HAVE
ENOUGH
money
FOR MYSELF AND
MY LOVED ONES

I ATTRACT MORE
wealth
EACH AND
EVERYDAY

I LOVE
wealth
AND
success
IN ALL FORMS

WHATEVER I DO
RESULTS IN ME
AMASSING
wealth

I HAVE ENOUGH
money
TO AFFORD THE
THINGS I WANT,
AND THE THINGS I
NEED

I HAVE
financial
STABILITY

I CAN AFFORD
ALL THE
Luxuries
I DESIRE

I AM
successful

Money
IS CONSISTENTLY
ABUNDANT IN MY
LIFE

SELF LOVE DAILY AFFIRMATIONS

I AM THE
AUTHOR OF
MY OWN
STORY

I AM JUST A
GIRL

I AM
BEAUTIFUL

POSITIVE
THINKING
CREATES
POSITIVE
THINGS.

TODAY I WILL
LEARN AND
GROW.

MY
IMPERFECTIO
NS MAKE ME
UNIQUE AND
SPECIAL.

I AM
DESERVING
OF SUCCESS
AND
HAPPINESS

MY BLACK IS
BEAUTIFUL.

I DON'T HAVE
TO BE ANYONE
BUT MYSELF

EVEN IF IT MAKES
OTHERS
UNCOMFORTABLE,
I WILL LOVE
WHO I AM.

MY FEELINGS
ARE VALID
AND
DESERVE TO
BE HEARD.

I AM GRATEFUL
TO BE A
WOMAN

I AM BEAUTIFUL.
POSITIVE
THINKING
CREATES POSITIVE
THINGS.

I WAS BUILT
THIS WAY
FOR A
REASON, SO
I'M GOING TO
USE IT.

I AM PROUD OF
MYSELF.