



Journaling Inspiration

## for reflection & gratitude

- Describe a time when your heart felt bursting with joy?
- What strengths have you developed that you can now rely on?
- What is a negative experience you've grown from?

"This a wonderful day. I've never  
seen this one before."  
-Maya Angelou





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- How could current challenges facilitate growth?
- What are some of your favorite things about yourself?
- Where do you find unexpected beauty others often miss?

“When I started counting my blessings, my whole life turned around.”

–Willie Nelson





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- What is a challenge you've grown from?
- What are the small, silly, and delightful things that bring you joy?
- What is beautiful to you in this moment?

"Acknowledging the good that you already have in your life is the foundation for all abundance."

-Eckhart Tolle



Wisdom  
Ways  
Center  
for Spirituality



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- How have you let go of limitations?
- What skills come naturally to you?
- What is an intentional positive change you've made in your life?

"Joy is the simplest form of gratitude."  
-Karl Barth

