

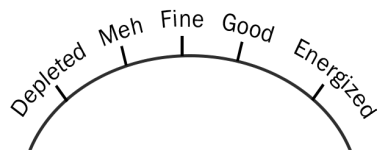
Gratitude Journal

BY CORNERSTONE FAMILY MINISTRIES



Week 1- Day 1

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Matthew 5:16

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

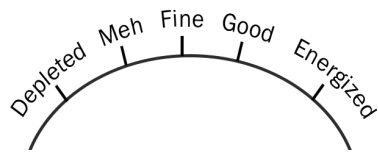
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 1- Day 2

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Philippians 4:12-13

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

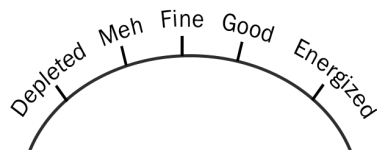
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 1- Day 3

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Esther 4

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

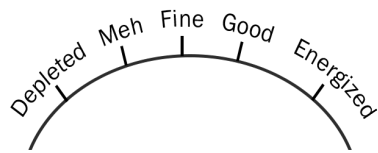
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 1- Day 4

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Matthew 6:19-20

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

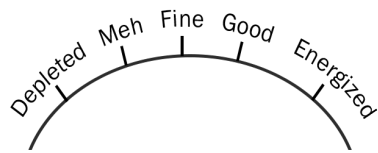
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 1- Day 5

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read 1 Timothy 6:10-12

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

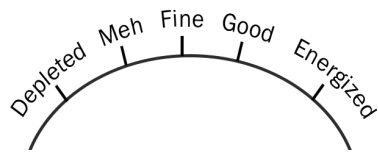
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 1- Day 6

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Malachi 3:10

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

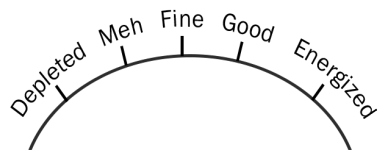
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 1- Day 7

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Leviticus 25:35-37

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

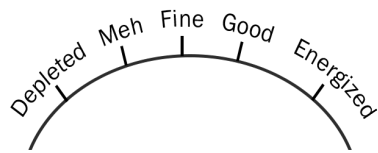
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 2- Day 1

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read 2 Corinthians 9:6-7

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

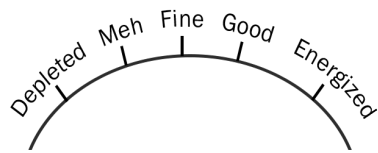
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 2- Day 2

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Isaiah 55:1-10

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

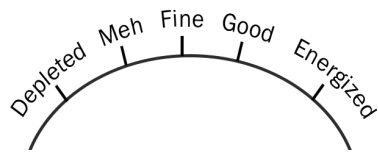
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 2- Day 3

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Luke 12:16-21

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

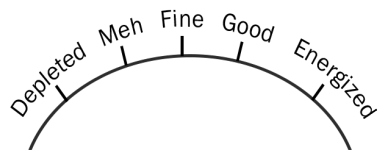
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 2- Day 4

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Mark 8:36

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

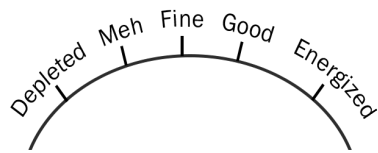
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 2- Day 5

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read James 5:1-6

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

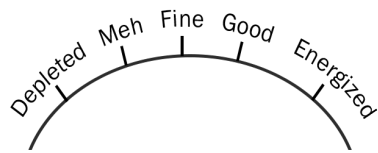
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 2- Day 6

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Proverbs 11:25

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

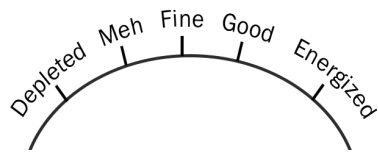
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 2- Day 7

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Psalm 41:1-3

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

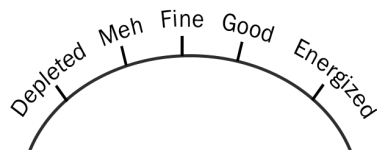
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 3- Day 1

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY
Read Ecclesiastes 5:10

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

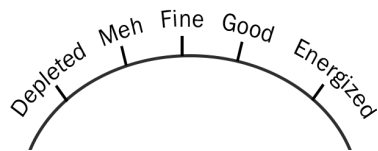
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 3- Day 2

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Psalm 24:1

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

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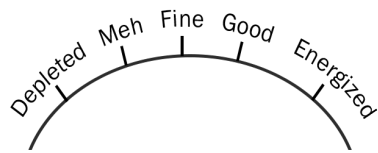
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 3- Day 3

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read 1 John 2:15-17

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

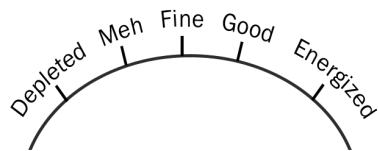
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 3- Day 4

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Mark 12:41-44

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

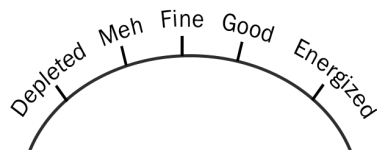
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 3- Day 5

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY
Read 2 Corinthians 9:11

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

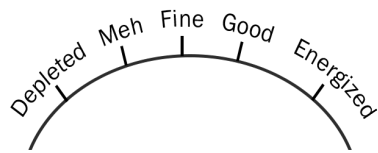
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 3- Day 6

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Isaiah 40:28-30

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

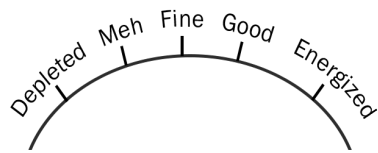
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 3- Day 7

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Luke 11:13

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

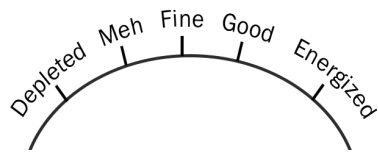
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 4- Day 1

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read 1 Timothy 6:17-19

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

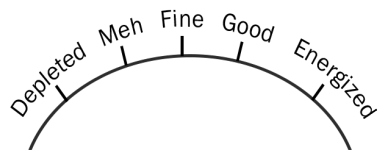
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 4- Day 2

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Haggai 2:1-9

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

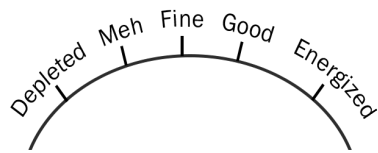
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 4- Day 3

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Acts 2:42-44

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

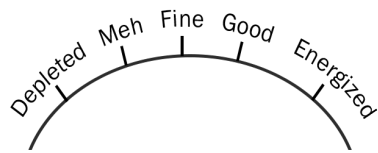
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 4- Day 4

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Luke 6:38

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

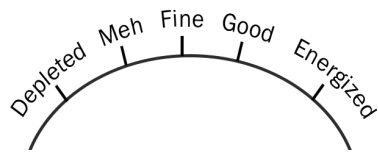
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 4- Day 5

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Psalm 112:5

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

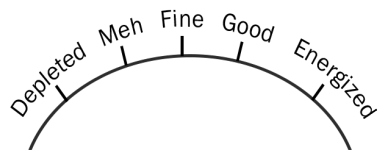
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"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 4- Day 6

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY
Read 2 Corinthians 8:12

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

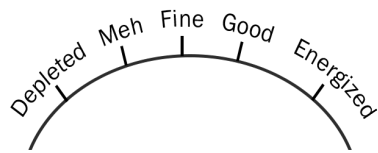
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 4- Day 7

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Deuteronomy 15:7-8

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

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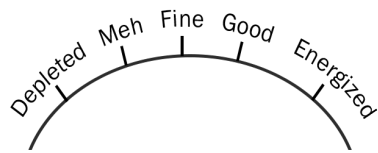
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 5- Day 1

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read 1 John 3:16-18

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

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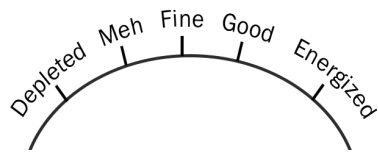
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"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 5- Day 2

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Acts 16:11-15

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

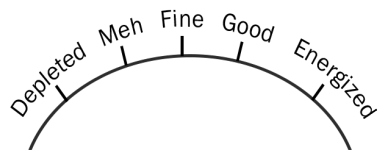
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 5- Day 3

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Matthew 25:14-30

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

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3. _____

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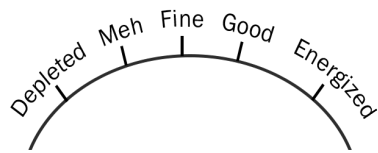
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"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 5- Day 4

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Leviticus 25:35-37

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

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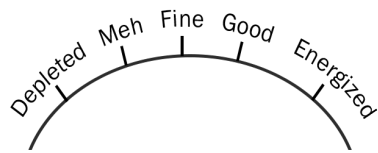
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 5- Day 5

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Luke 6:37-38

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

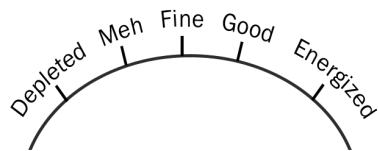
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 5- Day 6

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Galatians 6:2

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

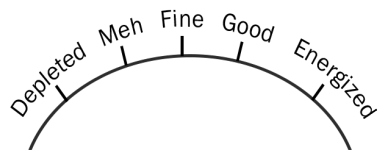
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 5- Day 7

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Psalm 119:36

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

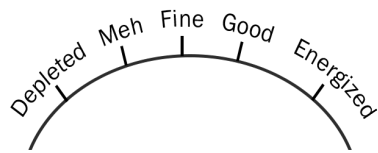
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 6- Day 1

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Malachi 3:10

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

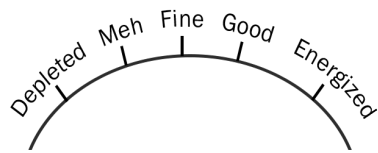
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 6- Day 2

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read John 6:1-13

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

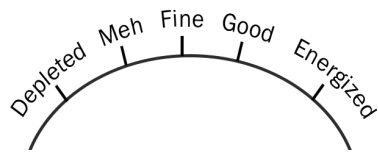
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 6- Day 3

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read 2 Corinthians 9:6-7

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

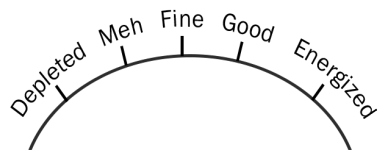
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 6- Day 4

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Luke 6:30

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

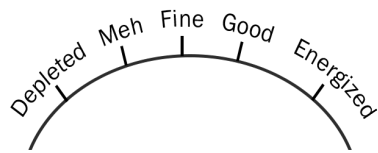
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 6- Day 5

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Matthew 19:24-25

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

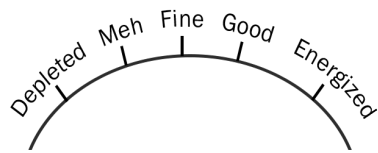
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 6- Day 6

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Proverbs 21:13

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

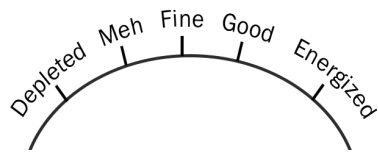
5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...

Week 6- Day 7

TODAY I FEEL
(circle one)



**I FEEL THIS WAY
BECAUSE:**

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Proverbs 19:17 & Matthew 5:16

Thoughts:

BRAIN DUMP
What's on your mind?

**MY TOP 5 THINGS I'M
GRATEFUL FOR:**

1. _____

2. _____

3. _____

4. _____

5. _____

"Trust in the Lord with all your heart!"

TODAY I'M GOING TO TRUST THE LORD THAT...





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