



# **GRATITUDE** ***JOURNAL***

Cultivating a  
Thankful Heart

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WITH WENDY NICHOLSON



# Gratitude Journal

## Tips and strategies...

You may have heard of "Non-Scale Victories". I first heard this term when I joined a free Intermittent Fasting Facebook group.

The term "Non-Scale Victories" refers to things that don't relate to the weigh scale that we can be grateful for while we are losing weight.

## Here are a few examples I wrote down while I was losing weight with Intermittent Fasting and a low carb diet:

### EXAMPLES

- Changing body measurements
- Fitting into smaller clothes
- Having fewer wrinkles
- Having fewer "ailments"
- Reducing inflammation
- Going off of certain meds
- Improving moods
- Learning to cook from scratch
- Saving money on food
- Thinking less about food
- Learning about my body and nutrition
- Conquering carb cravings
- Learning to not snack so much
- Feeling a sense of accomplishment
- Feeling more confidence
- Feeling excitement in future goals

While I was losing the weight, all the things listed above were victories that I could celebrate.

These were things that showed me that what I was doing was working...intermittent fasting and low-carb eating was the way for me to achieve weight loss success!

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# Gratitude Journal

## Continued...

Losing weight and taking control of our health can lead to many positive changes, but it can also be a challenging journey.

Keeping track of things we are grateful for can help us get through the tough times.

Finding daily reasons to be grateful is a great way to overcome life's obstacles.

But don't worry if you forget or are too busy...just try to make it a fairly regular habit of recording a few things in the week that you are thankful for.

As you journal more, you will start to see more and more positive things in your life.

## Small daily habits lead to long lasting change.

KEEP Going and you will reach your goals!

I'm cheering you on...

*Wendy*

- Print off the following page(s) - and as many as you need.



**--To print in colour, select page 4**



**--To print in grayscale, select page 5**

- Write down at least 3 things each day that you are grateful for

# Gratitude Journal

Today I'm grateful for...	Date
_____	_____
_____	_____
_____	_____

Today I'm grateful for...	Date
_____	_____
_____	_____
_____	_____

Today I'm grateful for...	Date
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Today I'm grateful for...	Date
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Today I'm grateful for...	Date
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Today I'm grateful for...	Date
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