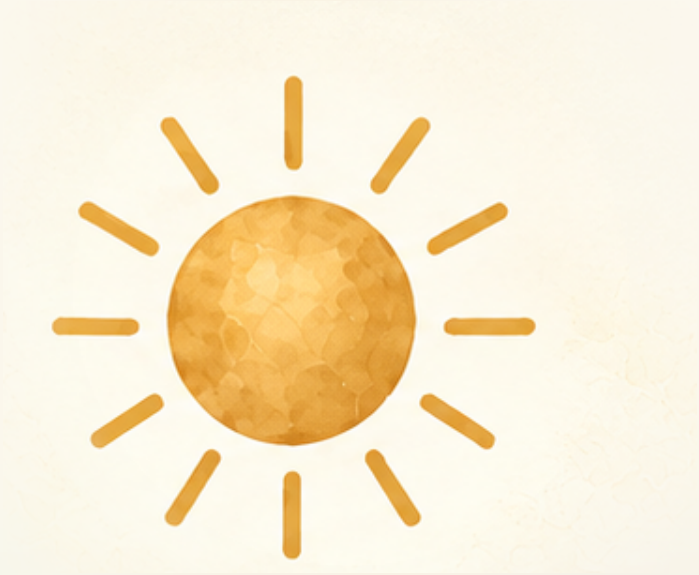


Count Your Blessings

a 30-day gratitude journal

by SueZ

Sound Bath by SueZ • Relax • Restore • Renew

lifewithsuez.com

How to use this journal

Five minutes a day. That's all this asks of you.

This journal is not a chore and it's not homework. It's a pause — a few quiet minutes in the morning, and a few more before bed, to notice what's already good in your life.

Some of us have gotten very good at counting our problems. We can list them without even thinking. This journal is practice at doing the other kind of counting — the blessings. The people who love you. The doors that opened. The moments you survived. The small, ordinary gifts you walk past every day.

In the morning

Before the day rushes in, write down three things you are grateful for, three things that would make today great, and one "I am" affirmation. Then read today's prompt and answer it honestly. It takes about three minutes.

In the evening

Before bed, name three amazing things from today. That's it.

A few gentle rules

- This journal is undated. Start any day. Skip a day without guilt.
- There are no wrong answers. Short answers count.
- If you miss a week, just pick up where you left off.
- At the end of each week, pause for the weekly reflection.
- When you finish all 30 days, keep going with the full 90-day journal.

This journal belongs to _____

Before you begin

Count what you'd miss if it were gone.

Before Day 1, sit with this question: if these were gone tomorrow, what would you miss most? Write them down. These are your blessings — the real ones. Come back to this page whenever you need reminding.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

DAY 1

Date: _____

Gratitude is just noticing what's already good.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

What made you smile yesterday?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

You can't be grateful for what you haven't noticed.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

Who made your life easier this week?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

DAY 3

Date: _____

Count the blessings, not the problems.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

Name a small comfort you often overlook.

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

DAY 4

Date: _____

A grateful heart sees the gift in an ordinary day.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

What in your home are you most thankful for?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

DAY 5

Date: _____

Small blessings, counted daily, become a full life.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

A stranger's kindness you still remember?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Breathe in. Notice one good thing. Breathe out.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

What does your body allow you to do today?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

What you look for is what you find.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

Which sound soothes you most?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Slow down. Look back. Count it all.

THIS WEEK'S CHALLENGE

Thank someone out loud today, by name.

This week, I noticed...

1. _____
2. _____
3. _____

The blessing I'm carrying into next week...

1. _____
2. _____
3. _____

Someone I want to thank...

1. _____
2. _____
3. _____

One thing I want to let go of...

1. _____
2. _____
3. _____

DAY 8

Date: _____

Today has something worth thanking it for.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

A meal you're grateful for – who made it, or where did it come from?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

DAY 9 Date: _____

The people who love you are a blessing — tell them.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

What have you survived that once felt impossible?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Rest is a blessing too.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

Name something in nature that stopped you in your tracks.

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Date: _____

Even a hard day holds one good thing.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

Who believed in you before you believed in yourself?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Say thank you out loud today.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

What are you looking forward to?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Gratitude is just noticing what's already good.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

A lesson from a hard day that you're secretly grateful for.

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Date: _____

You can't be grateful for what you haven't noticed.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

What smells like home to you?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Slow down. Look back. Count it all.

THIS WEEK'S CHALLENGE

Put your phone away for the first hour.

This week, I noticed...

1. _____
2. _____
3. _____

The blessing I'm carrying into next week...

1. _____
2. _____
3. _____

Someone I want to thank...

1. _____
2. _____
3. _____

One thing I want to let go of...

1. _____
2. _____
3. _____

Date: _____

Count the blessings, not the problems.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

Name a book, a song, or a show that lifted you.

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Date: _____

A grateful heart sees the gift in an ordinary day.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

Who would you miss most if they were gone — and have you told them?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Date: _____

Small blessings, counted daily, become a full life.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

What did your hands make or do today?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Breathe in. Notice one good thing. Breathe out.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

A door that opened when another one closed.

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Date: _____

What you look for is what you find.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

What are you grateful for about this season of your life?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

DAY 20

Date: _____

Today has something worth thanking it for.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

Name a place that feels like peace.

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

The people who love you are a blessing — tell them.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

Who taught you something that still guides you?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Slow down. Look back. Count it all.

THIS WEEK'S CHALLENGE

Write a thank-you note — and send it.

This week, I noticed...

1. _____
2. _____
3. _____

The blessing I'm carrying into next week...

1. _____
2. _____
3. _____

Someone I want to thank...

1. _____
2. _____
3. _____

One thing I want to let go of...

1. _____
2. _____
3. _____

Rest is a blessing too.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

What's one thing going right that you haven't noticed?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

DAY 23 Date: _____

Even a hard day holds one good thing.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

A memory that still makes you laugh.

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Date: _____

Say thank you out loud today.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

What are you grateful for about your work?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Gratitude is just noticing what's already good.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

Name something your younger self would be proud of.

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Date: _____

You can't be grateful for what you haven't noticed.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

Who checked on you lately?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Count the blessings, not the problems.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

What in your daily routine is actually a gift?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Date: _____

A grateful heart sees the gift in an ordinary day.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

A challenge that made you stronger.

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

Slow down. Look back. Count it all.

THIS WEEK'S CHALLENGE

Notice three beautiful things before noon.

This week, I noticed...

1. _____
2. _____
3. _____

The blessing I'm carrying into next week...

1. _____
2. _____
3. _____

Someone I want to thank...

1. _____
2. _____
3. _____

One thing I want to let go of...

1. _____
2. _____
3. _____

Small blessings, counted daily, become a full life.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

What beauty did you notice today that cost nothing?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

DAY 30

Date: _____

Breathe in. Notice one good thing. Breathe out.

This morning, I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

I am... _____

If today were a gift, what would the tag say?

1. _____
2. _____

Tonight, three amazing things...

1. _____
2. _____
3. _____

A note of thanks

Some thank-yous are overdue. This page is for one of them.

To: _____

From: _____

A note of thanks

Some thank-yous are overdue. This page is for one of them.

To: _____

From: _____

Keep counting.

Thirty days of noticing. Thirty days of naming what's good. If this journal did its job, you don't just feel grateful — you've built the habit of seeing it.

Gratitude doesn't mean pretending everything is perfect. It means refusing to let what's wrong be the only thing you notice. Keep the habit. Start again on Day 1, or pass this journal to someone who needs it. Blessings multiply when they're shared.

Loved these 30 days? The full 90-day Count Your Blessings journal is waiting for you — find it at lifewithsuez.com.

Thank you for counting with me.

About SueZ

Sue Zielinski is a sound bath practitioner and the heart behind Sound Bath by SueZ — helping people rest, restore, and breathe through the healing sound of crystal bowls. She also shares travel and treasures through SundanceTravelz and Salty Dog Jewelry.

To sit in a sound bath, book a session, or simply say hello, visit lifewithsuez.com.

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