



A GRATITUDE JOURNALING COMPANION

Enjoy the journey. Give yourself permission to write honestly, notice differently, and see what gratitude reveals.

A Note from Vanessa

I'm so glad you're here. Gratitude has become one of the practices that helps me slow down, look again, and notice what I might otherwise miss. This worksheet are an invitation to do the same. You do not need a perfect week, a perfect attitude, or perfect circumstances. Simply bring your honest experiences to the page. My hope is that, as you write, you notice the good more clearly, see disappointment from a new perspective, recognize the ways you are growing, and discover a gratitude practice you can carry with you long after these worksheets are complete.

About Built by Design Coaching

Built by Design Coaching helps women move beyond comparison and limiting beliefs, understand their authentic strengths, and build lives and businesses with confidence, clarity, and intention. As a Gallup-Certified Strengths Coach, I use CliftonStrengths as a doorway into deeper self-understanding - not as the destination. Coaching helps women recognize recurring patterns; trust the way they are uniquely designed, align their decisions with their values, and take intentional action.

DISCOVER YOUR DESIGN	GROW YOUR CONFIDENCE	BUILD YOUR BUSINESS
Understand your strengths, recurring patterns, values, and natural design.	Move from knowing your strengths to trusting and intentionally living from them.	Build a business aligned with your strengths, values, leadership style, and vision.



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Gratitude Worksheet

Day 1 • Gratitude Changes What We Notice

Where we place our attention shapes the way we experience our days. Gratitude does not require us to pretend that difficult things are easy; it asks us to notice the good that is also present. Sometimes the circumstances stay the same, but - like my mental Etch-a-Sketch - we can Shake-Shake-Shake and look again. When we intentionally notice the blessings, opportunities, connections, and small moments that might otherwise be overlooked, our perspective begins to change.

What have you noticed this week that made you smile, feel encouraged, or feel seen?

Think of something this week that irritated or frustrated you. What did you notice first?

Now Shake-Shake-Shake. Without changing the facts, what good, opportunity, or blessing can you also see?



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Day 2 • Gratitude Changes How We Interpret Failure

Failure can quickly become a story we tell ourselves: I missed the opportunity. I made the wrong choice. I should have done better. Gratitude gives us another way to examine the experience. We can separate feelings from facts, look for lessons learned, and discover the hidden gems of growth and opportunity. Reframing does not erase disappointment. It helps us use the experience instead of allowing the experience to define us.

What experience recently left you discouraged, disappointed, or feeling as though you failed?

Separate the experience into facts and feelings. What are the facts?

What did this experience teach you? What will you do differently because of it?



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Day 3 • Gratitude Changes Who We Become

Gratitude is not only about feeling better in a difficult moment. Practiced consistently, it begins to shape who we are becoming. We become more resilient through disappointment, more patient with ourselves and others, and more present in our relationships. We begin to recognize that growth itself is part of the journey. Sometimes the greatest success is not simply what we build, but the person God is shaping while we build it.

As you look back over the past few months, where do you see evidence that you have grown?

How has a difficult experience made you stronger, wiser, more patient, or more resilient?

Who has encouraged, supported, challenged, or believed in you during this season? What are you grateful for about that person?

Who are you becoming as you build your life or business?



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Day 4 • Making Gratitude a Daily Practice

Gratitude became most powerful for me when it moved from an occasional response into a daily discipline. My journal helps me begin the day by choosing what I will notice, and it gives me a place to reframe disappointments when they come. I do not simply write what I am grateful for; I write why. That small step helps gratitude become specific, personal, and real - and helps me stay grounded, appreciative, and hopeful.

List five things you are grateful for today. For each one, include why it matters to you.

What challenge on your calendar or in your business needs a more hopeful perspective today?

What truth, lesson, or opportunity can you choose to focus on before you move into the rest of your day?



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Day 5 • What Stood Out This Week?

Over the last several days, you have practiced noticing the good, reframing disappointment, recognizing your growth, and making gratitude more intentional. This is not about creating a week in which everything felt positive. It is about learning to see your experiences more fully. Take a few minutes now to look back. Notice what changed - not necessarily in your circumstances, but in your perspective.

What idea or exercise from this week stayed with you the most? Why?

Was there a disappointment you were able to reframe? What did you discover in it?

What are you most grateful for as you finish this week?

What is one gratitude practice you want to carry forward into next week?



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