

PERSONAL JOURNEY WORKSHEET

# GRATITUDE



GRATITUDE JOURNAL SHEET

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# WELCOME!

Welcome to the journey of transformation in Christ. With nearly two decades of experience helping individuals like you navigate life's ups and downs, I am truly honored to partner with you on this sacred journey. Over the years, I have been privileged to assist countless individuals in finding their path through counseling, coaching, mentoring, teaching, and speaking. My heart's desire is to provide the tools and encouragement you need to move forward, shift your perspective, and embrace the life God has prepared for you.

This worksheets is designed to help you apply the truth of God's Word to your life, take actionable steps toward your goals, and deepen your understanding of who you are in Christ. I truly believe that we are all called to live clear in Christ, experiencing the freedom, peace, and purpose He offers. My passion is to see you living that life - a life characterized by faith, hope, and love.

*Timiel*  
Dewberry

HAVE A QUESTION OR  
PRAYER REQUEST?

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## DISCLOSURE

I would like to inform you that the worksheets provided here are designed to assist you in your personal growth and spiritual journey. They are not intended to replace professional psychological or medical advice, diagnosis, or treatment. The views and opinions expressed in these materials are those of the author and do not necessarily reflect the official policy or position of any religious organization or denomination.

It is essential to remember that spiritual growth is a personal process, and what works for one person may not be suitable for another. I encourage you to seek guidance from a trusted spiritual mentor, pastor, or qualified healthcare professional if you have any concerns or need additional support. The use of these materials is entirely at your discretion, and you are responsible for any actions you take or decisions you make based on the information provided in these worksheets.

Finally, please note that your participation in the use of these materials does not establish a formal coaching or counseling relationship between you and the author. Any reliance you place on the information contained herein is strictly at your own risk. I encourage you to seek support from your community, church, or professional healthcare providers as needed.

A photograph of a clear glass vase filled with white and pink flowers, resting on a stack of three white books on a light-colored wooden table. The background is a soft, warm light.

# BEFORE YOU BEGIN

## 01 CHOOSE TO COMMIT

Daily devotion builds our relationship with God and ultimately affects our spiritual growth.

## 02 CHOOSE A TIME

Choose a time when you can really focus and go through the entire exercise. Once you've got in a routine, you'll know how much time to allot.

## 03 CHOOSE YOUR METHOD

You can either print the worksheet portion weekly, use a notebook, or an app like Goodnotes to go through the exercise.

## 04 CHOOSE GOD

Remember that this is about a Christ Centered life, so seek ways that your perspective needs to realign according to scripture.

**DATE** \_\_\_\_\_

# Gratitude

**Today I'm Grateful For...**

**3 Things That  
Made Me Smile  
Today**

**Tomorrow I Look  
Forward To...**



## SIGN UP FOR MY EMAIL NEWSLETTER!

Enjoy weekly devotionals, a  
heads up on events, and  
other faith filled points.

[LINK HERE](#)

## LET'S CONNECT

I HAVE MANY WAYS WE CAN STAY  
CONNECTED, SO CHOOSE THE ONE  
BELOW THAT BEST SUITS YOU!

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