

Grateful Moments

A Simple Gratitude Journal Inspired by the Poetry of William Lane Hartwick

Helping you pause, notice, and appreciate life's gifts, one moment at a time.

By William Hartwick



Welcome

Gratitude isn't about having everything, it's about noticing the small things that make life worth living. Inspired by William's heartfelt poems, this journal invites you to reflect gently on the beauty around and within you.

Use it daily or just whenever you feel like you need a moment to breathe and feel calm.

It can help to have a notebook just for you, where you can jot down your thoughts or feelings as you go, There's something about writing things down that really helps you clear your mind and makes everything feel lighter and brighter.

Gratitude Days

Begin your journey of appreciation with these daily reflections.



Day 1 – Nature's Calm



"A wonderful place to relieve the stress that comes to us each week." (*Nature Walk*)

Prompt:

What part of nature brings you peace today?

Write:

- Today I am grateful for...
- A moment of calm I experienced today...

Day 2 – Life's Treasures

"The beauty of a wave as it rolls into shore." (*Life's Many Treasures*)

Prompt:

What simple treasures made today brighter?

Write:

- I'm thankful for the beauty in...
- Something small I noticed and appreciated today...



Day 3 – Joy in Small Moments



"There are so many pleasures to your life it will bring." (*A Spring Day*)

Prompt:

What little joy made you smile today?

Write:

- Today I smiled because...
- A small moment I want to remember...

Reflection Space

Use this space to capture the small joys that brightened your day, no matter how simple they might seem.

Day 4 – Inner Strength



"Make your life worth living each and every day." *(It's Worth It All)*

Prompt:

What strength within yourself are you thankful for?

Write:

- I am proud of myself for...
- Today I felt strong when...

Day 5 – Connection

"Together as one, things seem to glide right along."
(Thank You)

Prompt:

Who made you feel supported or appreciated today?

☐ I'm thankful for...

Reflect on the people who brought light to your day.

☐ A moment of connection I'm grateful for...

Consider how others have supported or uplifted you today.



Day 6 – Hope & Healing

"Give up resistance and give up the fight... You will make it." (*Blessing in Disguise*)

Prompt:

What gives you hope today?

Write:

- I'm hopeful for...
- I'm learning to heal by...



Day 7 – Open to Gratitude



"An open mind is a blessing in disguise." (*Open Up*)

Prompt:

What are you open to receiving today?

I'm open to...

Reflect on the possibilities and opportunities you're willing to embrace.

I'm grateful for the chance to...

Consider the opportunities that bring meaning to your life.

Closing – A Note from William

Thank you for taking these moments to reflect. Gratitude isn't about perfection, it's about presence.

Keep looking for the beauty in life, even on hard days. There is always something to carry with you.

This has got me through so many tough times in my life.

