

# 10-Minute Bedtime Gratitude Journal

A guided journal to help you cultivate gratitude, reflect on your day, and invite divine wisdom before sleep.

## How to Use This Journal

Each night, take 10 minutes to go through the guided prompts. Reflect on your day, express gratitude, and invite divine wisdom into your life. Use this space to write down your thoughts and prayers.

## Daily Journal Prompts

1. What three things am I grateful for today?
2. Where did I see God's hand in my life today?
3. What lessons did I learn today?
4. What guidance or insight do I seek for tomorrow?
5. How do I want to feel when I wake up?

# Day 1

*1. What three things am I grateful for today?*

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*2. Where did I see God's hand in my life today?*

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*3. What lessons did I learn today?*

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*4. What guidance or insight do I seek for tomorrow?*

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*5. How do I want to feel when I wake up?*

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## Day 2

1. *What three things am I grateful for today?*

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2. *Where did I see God's hand in my life today?*

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3. *What lessons did I learn today?*

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4. *What guidance or insight do I seek for tomorrow?*

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5. *How do I want to feel when I wake up?*

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## Day 3

1. *What three things am I grateful for today?*

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2. *Where did I see God's hand in my life today?*

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3. *What lessons did I learn today?*

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4. *What guidance or insight do I seek for tomorrow?*

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5. *How do I want to feel when I wake up?*

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## Day 4

1. *What three things am I grateful for today?*

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2. *Where did I see God's hand in my life today?*

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3. *What lessons did I learn today?*

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4. *What guidance or insight do I seek for tomorrow?*

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5. *How do I want to feel when I wake up?*

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## Day 5

1. *What three things am I grateful for today?*

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2. *Where did I see God's hand in my life today?*

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3. *What lessons did I learn today?*

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4. *What guidance or insight do I seek for tomorrow?*

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5. *How do I want to feel when I wake up?*

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## Day 6

1. *What three things am I grateful for today?*

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2. *Where did I see God's hand in my life today?*

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3. *What lessons did I learn today?*

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4. *What guidance or insight do I seek for tomorrow?*

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5. *How do I want to feel when I wake up?*

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## Day 7

1. *What three things am I grateful for today?*

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2. *Where did I see God's hand in my life today?*

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3. *What lessons did I learn today?*

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4. *What guidance or insight do I seek for tomorrow?*

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5. *How do I want to feel when I wake up?*

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