



HEALING IS POSSIBLE.

THIS *gratitude journal* BELONGS TO

Dear friend,

My hope is that this gratitude journal helps you learn to recognize and appreciate the positivity and joy in your life. Putting intentions into action is how you will begin to see change in your life, so I encourage you to be diligently complete this journal every day. Soon, these mindful practices will become a habit as easy as brushing your teeth. As always, I'm here for you on this journey of healing.

Let's learn to live confidently.

With love, *Luz Lopez*

MY DAILY *gratitude journal*

TODAY I'M GRATEFUL FOR:

TODAY I AM PROUD OF MYSELF BECAUSE:

WHAT DID I LEARN ABOUT MYSELF TODAY?

WHAT MENTAL HEALTH CHALLENGES DID YOU OVERCOME TODAY?

scripture of the day:

"Fear not, for I am with you, be not dismayed, for I am your God. I will strengthen you. Yes, I will help you, I will uphold you with My righteous right hand."

ISAIAH 41:10

MENTAL HEALTH TIP FROM LUZ:

If you're feeling afraid of the unknown, you have to acknowledge that you're not in control. Anxiety, anger, and fear can all be responses to a fear of the unknown. You can rest in the fact that God is in control. You don't have to be. When you can let go of your control, you can learn to overcome fear.

TOMORROW I WILL CHALLENGE MYSELF TO:

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

LAMENTATIONS 3:22-23

MY DAILY *gratitude journal*

TODAY I'M GRATEFUL FOR:

TODAY I AM PROUD OF MYSELF BECAUSE:

WHAT DID I LEARN ABOUT MYSELF TODAY?

WHAT MENTAL HEALTH CHALLENGES DID YOU OVERCOME TODAY?

scripture of the day:

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory...

EPHESIANS 3:20a

MENTAL HEALTH TIP FROM LUZ:

Develop a routine that makes you feel productive. Whether it's in the morning, afternoon, or evening, a routine will help you to feel empowered, productive, and accomplished. Wake up each morning, make yourself a cup of coffee, and read your Bible. Every evening, make a cup of herbal tea and complete your gratitude journal. Routines are so good for your mental health!

TOMORROW I WILL CHALLENGE MYSELF TO:

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

LAMENTATIONS 3:22-23

MY DAILY *gratitude journal*

TODAY I'M GRATEFUL FOR:

TODAY I AM PROUD OF MYSELF BECAUSE:

WHAT DID I LEARN ABOUT MYSELF TODAY?

WHAT MENTAL HEALTH CHALLENGES DID YOU OVERCOME TODAY?

scripture of the day:

I will say of the Lord, "He is my
refuge and my fortress; My God, in
Him I will trust."

PSALM 91:2

MENTAL HEALTH TIP FROM LUZ:

Be mindful of where you spend your time. When you are struggling with maintaining a daily routine, you need to keep track of where your time is, because what you focus on will set the tone for your life. If you spend too much time on your phone, you won't be able to focus on the other important parts of your life.

TOMORROW I WILL CHALLENGE MYSELF TO:

"Because of the Lord's great love we are not
consumed, for his compassions never fail. They are
new every morning; great is your faithfulness."

LAMENTATIONS 3:22-23

MY DAILY *gratitude journal*

TODAY I'M GRATEFUL FOR:

TODAY I AM PROUD OF MYSELF BECAUSE:

WHAT DID I LEARN ABOUT MYSELF TODAY?

WHAT MENTAL HEALTH CHALLENGES DID YOU OVERCOME TODAY?

scripture of the day:

Come to Me, all you who labor and are heavy laden, and I will give you rest...for my yoke is easy and my burden is light.

MATTHEW 11:28

MENTAL HEALTH TIP FROM LUZ:

Make sure to allow yourself to rest. Taking time to mindfully rest and appreciate the stillness in life is important. If you've been wearing yourself thin for weeks and weeks, force yourself to be still and reconnect with your emotions and mindfulness.

TOMORROW I WILL CHALLENGE MYSELF TO:

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

LAMENTATIONS 3:22-23

MY DAILY *gratitude journal*

TODAY I'M GRATEFUL FOR:

TODAY I AM PROUD OF MYSELF BECAUSE:

WHAT DID I LEARN ABOUT MYSELF TODAY?

WHAT MENTAL HEALTH CHALLENGES DID YOU OVERCOME TODAY?

scripture of the day:

But let patience have its perfect work, that you may be perfect and complete, lacking nothing. If any of you lacks wisdom, let him ask of God...and it will be given to him.

JAMES 1:4-5

MENTAL HEALTH TIP FROM LUZ:

Remember to be patient. Waiting isn't always fun, but it can help you develop mental clarity and emotional maturity. Major changes don't occur overnight, but they take perseverance and diligence. Learning to wait gracefully creates patience, which creates character.

TOMORROW I WILL CHALLENGE MYSELF TO:

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

LAMENTATIONS 3:22-23

MY DAILY *gratitude journal*

TODAY I'M GRATEFUL FOR:

TODAY I AM PROUD OF MYSELF BECAUSE:

WHAT DID I LEARN ABOUT MYSELF TODAY?

WHAT MENTAL HEALTH CHALLENGES DID YOU OVERCOME TODAY?

scripture of the day:

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.
PHILIPPIANS 4:6-7

MENTAL HEALTH TIP FROM LUZ:

If you're feeling anxious, pray. Put the nervous energy you're feeling into prayer. Every time your mind starts to say "what if?", stop yourself and instead give it to God and let it go. Here's an example of what I mean. "Lord, I'm really anxious about _____. I give it to you, please help me to be calm and trust you because I know you are in control."

TOMORROW I WILL CHALLENGE MYSELF TO:

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

LAMENTATIONS 3:22-23

MY DAILY *gratitude journal*

TODAY I'M GRATEFUL FOR:

TODAY I AM PROUD OF MYSELF BECAUSE:

WHAT DID I LEARN ABOUT MYSELF TODAY?

WHAT MENTAL HEALTH CHALLENGES DID YOU OVERCOME TODAY?

scripture of the day:

As iron sharpens iron, so a man sharpens the countenance of his friend.

PROVERBS 27:17

MENTAL HEALTH TIP FROM LUZ:

Don't forget about community and accountability! If you're struggling with consistency and staying on top of your mental health, find an accountability partner. Keep each other accountable and responsible. Community is so important, and don't let yourself start to isolate from other people.

TOMORROW I WILL CHALLENGE MYSELF TO:

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

LAMENTATIONS 3:22-23