

CW

CREATED WOMAN

31 Day

Gratitude
Journal

"I will give thanks to you, LORD, with
all my heart; I will tell of all your
wonderful deeds. I will be glad and
rejoice in you; I will sing the praises
of your name, O Most High.."

— Psalm 9:1-2

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Hey Created Woman,

Welcome to our Gratitude Journey, where personal and professional growth intertwine with the power of faith. As Christian women in business, entrepreneurs, and leaders in various industries, we understand the unique calling and purpose God has placed on our lives.

Through gratitude, we have the incredible opportunity to honor Him and experience transformational growth in our leadership journey.

This 31-day Gratitude Journal is designed to be your companion as you navigate the realms of gratitude, leadership, and faith. With daily prompts that ignite your passion, inspire growth, and nurture your soul, you'll embark on a journey that brings you closer to God, yourself, and those around you.

As leaders, we recognize the importance of aligning our hearts with God's purposes. Gratitude serves as a conduit to express our thankfulness for His abundant blessings, unwavering love, and unending faithfulness.

It fuels our purpose, strengthens our resilience, and deepens our connection with Him and others. Through gratitude, we tap into His wisdom and Holy Spirit guidance, transforming our leadership from ordinary to extraordinary.

Each day, take a moment to pause, reflect, and give thanks. Allow God to speak to your heart. Let the prompts in this journal guide you as you explore the intersection of gratitude and leadership wherever God has you, recognizing His fingerprints on every aspect of your life.

Cheers to 31 days of gratitude and growth to elevate your faith and leadership and relationship with Christ!

XO,

Heather Frierson



DAY ONE

Reflect on a recent accomplishment that made you proud. Give thanks for the opportunities and abilities God has given you.

REFLECT

GIVE THANKS



DAY TWO

Write about a mentor or role model who has inspired you on your professional journey. Express gratitude for their guidance and support.

REFLECT

GIVE THANKS



DAY THREE

Think about a moment of personal or spiritual growth or a lesson learned in your career. Thank God for His faithfulness in shaping you into the woman you are today.

REFLECT

GIVE THANKS



DAY FOUR

Consider a colleague, business connection, or friend who has positively impacted your life. Thank God for their presence in your life.

REFLECT

GIVE THANKS



DAY FIVE

Reflect on a challenging situation at work, home, or life that taught you resilience and strength. Thank God for His guidance and the growth that came from overcoming obstacles.

REFLECT

GIVE THANKS



DAY SIX

Write about a skill or talent that you possess and how it has contributed to your your career, family, spiritual life. Give thanks for the unique gifts God has given you.

REFLECT

GIVE THANKS



DAY SEVEN

Write about the goals you have set for this month in your business or elsewhere. Give thanks for what God is already doing and for wisdom and discernment he's giving you.

REFLECT

GIVE THANKS



DAY EIGHT

Write about the Dream Launcher Friends that God has placed in your life, the ones who uplift you and who keep you accountable to your goals. Give thanks for God placing them in your life.

REFLECT

GIVE THANKS



DAY NINE

Write about a moment when you felt God's presence and guidance in a decision or opportunity. Give thanks for His wisdom and direction.

REFLECT

GIVE THANKS



DAY TEN

Write about the season you're in and what God is teaching you right now.
Give thanks to God for the journey.

REFLECT

GIVE THANKS



DAY ELEVEN

Write about a time when your faith played a significant role in your professional life. Give thanks for the strength and courage that come from your relationship with God.

REFLECT

GIVE THANKS



DAY TWELVE

Write about something God is speaking to you right now about your career or purpose. Give thanks that he loves you, sees you, and knows what's best for you.

REFLECT

GIVE THANKS



DAY THIRTEEN

Write about your wins, big or small! Give thanks to God for them all.

REFLECT

GIVE THANKS



DAY FOURTEEN

Think about a project or initiative you were part of that made a positive impact on others. Express gratitude for the opportunity to use your skills and resources to serve and make a difference.

REFLECT

GIVE THANKS



DAY FIFTEEN

Write about some that is holding you back from taking the next steps in your career or pursuing your God-given purpose. Thank God that he has revealed that to you and ask for wisdom on next steps.

REFLECT

GIVE THANKS



DAY SIXTEEN

Reflect on a valuable lesson you learned from a mistake or failure in your career. Give thanks for the growth and resilience that came from that experience.

REFLECT

GIVE THANKS



DAY SEVENTEEN

Write about a moment when you felt God's provision and abundance in your work. Give thanks for His faithfulness in meeting your needs.

REFLECT

GIVE THANKS



DAY EIGHTEEN

Reflect on a moment when you experienced breakthrough or innovation in your work. Give thanks for the inspiration and creativity that flow from the Holy Spirit.

REFLECT

GIVE THANKS



DAY NINETEEN

Express gratitude for the times when God's peace has guided your decision-making and brought calmness amidst chaos in your career.

REFLECT

GIVE THANKS



DAY TWENTY

Think about a business opportunity, partnership or open door that exceeded your expectations. Give thanks for God's provision and the doors He opens for you.

REFLECT

GIVE THANKS



DAY TWENTY-ONE

Write about a challenge you faced that helped you develop new skills or perspectives. Give thanks for the growth and resilience that comes from facing obstacles with God by your side.

REFLECT

GIVE THANKS



DAY TWENTY-TWO

Reflect on the joy and fulfillment that come from using your talents to make a positive impact in the lives of others. Thank God for the opportunities to serve and bless others through your work.

REFLECT

GIVE THANKS



DAY TWENTY-THREE

Write about how you are going to show up for yourself this month to accomplish goals. Give thanks for God's wisdom and insight.

REFLECT

GIVE THANKS



DAY TWENTY-THREE

Express gratitude for the opportunities to grow in your leadership skills. Reflect on the ways God has equipped and empowered you to lead with integrity and influence.

REFLECT

GIVE THANKS



DAY TWENTY-FOUR

Write about the moment you felt God nudge you to pursue your God-given purpose or dream he placed in your heart. Give thanks that He is intentional with your giftings.

REFLECT

GIVE THANKS



DAY TWENTY-FIVE

Reflect on the ways God has provided opportunities for networking and collaboration in your field. Express gratitude for the connections that have expanded your horizons and enriched your journey.

REFLECT

GIVE THANKS



DAY TWENTY-SIX

Write about something you like to do on the weekend to unwind, relax, or adventure. Give thanks for how these things bring you joy.

REFLECT

GIVE THANKS



DAY TWENTY-SEVEN

Write about something you like to do on the weekend to unwind, relax, or adventure. Give thanks for how these things bring you joy.

REFLECT

GIVE THANKS



DAY TWENTY-SEVEN

Think about a project or initiative that aligns with your values and brings meaning to your work. Give thanks for the opportunity to make a difference in

REFLECT

GIVE THANKS



DAY TWENTY-EIGHT

Write about something you are looking forward to in your career or purpose.
Give thanks for that in advance.

REFLECT

GIVE THANKS



DAY TWENTY-NINE

Write about something you accomplished in this past month that you are proud of. Give thanks for the wisdom and creativity to get it done.

REFLECT

GIVE THANKS



DAY THIRTY

Write about the person who has made the biggest impact in your life. Give thanks for that person and how they have effected who you are today.

REFLECT

GIVE THANKS



DAY THIRTY-ONE

Think about your overall career or purpose journey and the growth you've experienced (big or small). Write a letter of gratitude to God, thanking Him for His faithfulness, guidance, and the purpose He has given you in your work.

REFLECT

GIVE THANKS
