WATKINS THERAPY GROUP | ürspace

THE GRATITUDE & REFLECTION SERIES

Gratitude & Reflection Journal

ADULT EDITION

A space to pause, reflect and reconnect
with what matters most.



PAUSE • NOTICE • REFLECT

A guided journal for everyday wellbeing

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BEGIN HERE

Welcome to your journal

Your space for gratitude, reflection and small, meaningful steps.

A little reflection can go a long way.

This journal is designed to help you notice what matters, understand your emotions and identify practical ways to support your wellbeing.
There is no right way to complete it. Write a sentence or a full page, take your time, and return to the exercises that feel useful.

What would I like to get from this journal?

One intention is enough.

A few gentle reminders

- You do not have to feel grateful or positive all the time.
- It is okay to skip any prompt or take a break.
- Choose honesty and kindness over perfect answers.
- If an exercise brings up distress, pause and seek support if needed.

PRIVACY This PDF does not send your entries to WTG or UrSpace. Keep saved copies secure.

01 • NOTICE

Daily Gratitude & Reflection

A moment to pause, notice and appreciate.

DATE

Today, I am grateful for ...

Big things, small things, or simply what was there.

A person who made a difference today ...

A kind word, a helpful action, or a moment of connection.

A moment I would like to remember ...

What made it meaningful?

02 • AWARENESS

A Moment to Check In

Noticing what is true for you today.

DATE

How do I feel right now?

- ☐ Calm
- ☐ Content
- ☐ Hopeful
- ☐ Flat
- ☐ Stressed

What has felt good recently?

This can be anything that brought ease, interest or pleasure.

Something I am looking forward to ...

A plan, a possibility or a moment of rest.

03 • REFLECTION

Thoughts in Perspective

Explore a kinder, more balanced way of looking at a difficult thought.

A thought is not always a fact.

Try curiosity rather than forcing a positive conclusion.

What happened?

Describe the situation as simply as you can.

What went through my mind?

Notice your first interpretation or automatic thought.

What might be another reasonable perspective?

Include the evidence, uncertainty and a little compassion.

What might help me move forward?

A practical response or a small next step.

04 • SELF-AWARENESS

Recognising My Patterns

What do I tend to notice in myself in different situations?

- When I am tired, I tend to ...
- When I am stressed, I tend to ...
- When I am upset, I tend to ...
- When I am angry, I tend to ...
- When I feel overwhelmed, I tend to ...

05 • EMOTIONAL WELLBEING

Feelings & What I Need

Emotions can offer useful information, even when they are uncomfortable.

A feeling I am finding difficult ...

What am I experiencing? Where do I notice it?

What might this feeling be telling me?

Perhaps I need rest, clarity, space, connection or support.

What would be supportive right now?

One kind, practical step I can take.

A reminder

I do not need to dismiss or fix every feeling straight away.

Sometimes noticing and naming it is enough for now.

06 • SELF-COMPASSION

A Kinder Inner Voice

Speak to yourself with the care you would offer someone you value.

A situation where I have been hard on myself ...

What have I been telling myself?

If a friend were in this position, I might say ...

Choose words that are both caring and realistic.

Something worth remembering about myself ...

A strength, an effort, or evidence that I can cope.

07 • DIRECTION

Confidence & Meaningful Goals

Choose a goal that matters and break it into manageable steps.

My goal

A realistic timeframe

What could get in the way?

The steps I can take ...

Start with the smallest useful action.

Support or resources that could help ...

People, tools, routines or information.

What progress would look like ...

08 • CONSISTENCY

21-Day Habit Tracker

Notice your progress without expecting perfection.

My habit

Start date **End date**

☐ 01 ☐ 02 ☐ 03 ☐ 04 ☐ 05 ☐ 06 ☐ 07

☐ 08 ☐ 09 ☐ 10 ☐ 11 ☐ 12 ☐ 13 ☐ 14

☐ 15 ☐ 16 ☐ 17 ☐ 18 ☐ 19 ☐ 20 ☐ 21

Progress may be imperfect. Consistency can include starting again.

What did I notice along the way?

Energy, motivation, obstacles, or unexpected wins.

09 • PRIORITIES

What Matters Most

A useful priority is one that reflects what is important to you.

Priority 01

Why does this matter right now?

Priority 02

What would paying attention to this look like?

Priority 03

What small action could honour this priority?

10 • STRENGTHS

Getting to Know Myself

You are more than your responsibilities or current challenges.

Something I genuinely enjoy ...

One strength I bring to the people around me ...

Something I have overcome or learnt ...

A part of myself I want to make more room for ...

11 • BELONGING

People, Places & Connection

Reflect on the people and environments that help you feel supported.

Someone I appreciate having in my life ...

What do I value about this connection?

A place where I feel safe or settled ...

What helps create that feeling?

A way I could strengthen a meaningful connection ...

One small, genuine action.

12 • GRATITUDE

Moments Worth Remembering

Recall the moments that remind you what gives life meaning.

A memory that makes me smile ...

What stands out about it?

An accomplishment I feel proud of ...

What did it take to get there?

A lesson I would like to carry forward ...

What did this experience teach me?

13 • BALANCE

My Energy & Wellbeing

Pay attention to what supports your energy and what depletes it.

What helps me feel restored?

Activities, places, people or small routines.

What tends to drain my energy?

Responsibilities, habits or recurring situations.

One boundary or change worth considering ...

What might help protect my capacity?

14 • GROWTH

Courage & Uncertainty

You can take a thoughtful step without having every answer.

Something I have been hesitant to try ...

What concerns come up for me?

What could help me feel more prepared?

Skills, information, time, support or practice.

One gentle step I could consider taking ...

Progress can happen at your own pace.

15 • EVERYDAY LIFE

A Day That Supports Me

Imagine a realistic day with room for what you need.

How would I like to start my day?

Consider the pace, mood and routines that help.

How could I make room for rest or enjoyment?

Simple moments count.

What could I do differently this week?

A small adjustment that feels achievable.

16 • SELF-CARE

Everyday Acts of Care

Caring for yourself does not have to be complicated or expensive.

- When I need to slow down, I could ...
- When I need connection, I could ...
- When I need some movement or fresh air, I could ...
- When I need support, I could reach out to ...

17 • PURPOSE

Values & Direction

Consider what you want your choices to stand for.

Three values I want to live by ...

Examples: care, honesty, curiosity, contribution, courage.

A way I already put these values into practice ...

Notice what is working.

One way I could align my next decision with them ...

Keep your next step practical.

18 • SMALL STEPS

My 7-Day Wellbeing Reset

One week. One realistic focus. No pressure to get it perfect.

My wellbeing focus this week ...

Choose what would make a useful difference.

One small step I can repeat ...

Keep it manageable.

Check in each day

MON	TUE	WED	THU	FRI	SAT	SUN
☐	☐	☐	☐	☐	☐	☐

At the end of the week, what did I learn?

What helped? What would I adapt?

19 • PERSPECTIVE

A Note to My Future Self

Offer yourself a message to return to when life feels busy.

What do I hope I will remember?

Write with warmth, honesty and perspective.

Something I want to keep practising ...

A reminder of what I have already achieved ...

20 • CONTINUE

Reflecting on the Journey

A little insight is worth carrying forward.

Something I have noticed about myself ...

A pattern, a strength or a shift in perspective.

Something I want more of in my life ...

An experience, relationship, habit or feeling.

My next small step ...

What will I try, continue or revisit?

FREE REFLECTION

Space for Whatever Matters

Use this page in any way that feels useful to you.

Progress is not always linear. Every thoughtful step counts.