



A Gratitude,  
Reflection  
*Journal*

Created by,

*Marilyn Rose*



## *A Gratitude, Reflection Journal*

Inspired by **Tony Robbins**,  
Questions to Empower Your Day

*"Where Focus Goes, Energy Flows."*

*~ Tony Robbins*

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A Gratitude Practice  
created to deepen  
your level of awareness  
and appreciation for  
yourself, others, and  
Life!

*Enjoy!*  
*Marilyn ox*

*"Quality questions create a quality life. Successful  
people ask better questions, and as a result, they get  
better answers."*

*~ Tony Robbins*



# Grateful



WHAT AM I MOST GRATEFUL FOR IN MY LIFE RIGHT NOW?

1. ....
2. ....
3. ....

WHAT ABOUT THAT MAKES ME GRATEFUL?

1. ....
2. ....
3. ....

HOW DOES THAT MAKE ME FEEL?





# Reflections



I AM STARTING TO SEE THAT.....

A large, empty white rounded rectangle intended for writing reflections.

“To be *grateful* is to fill your heart with life’s blessings, making every step of our journey lighter and more meaningful.”

~ Marilyn Rose

# Happy



WHAT AM I HAPPY ABOUT TODAY?

1. ....
2. ....
3. ....

WHAT ABOUT THAT MAKES ME HAPPY?

1. ....
2. ....
3. ....

HOW DOES THAT MAKE ME FEEL?





# Reflections



I AM STARTING TO SEE THAT.....

A large, empty white rounded rectangle intended for writing reflections.

"Happiness is not by chance, but by choice."

~ Jim Rohn

# Proud



WHAT AM I PROUD OF IN MY LIFE RIGHT NOW?

1. ....
2. ....
3. ....

WHAT ABOUT THAT MAKES ME PROUD?

1. ....
2. ....
3. ....

HOW DOES THAT MAKE ME FEEL?





# Reflections



I AM STARTING TO SEE THAT.....

A large, empty white rectangular area with rounded corners, intended for writing reflections.

**"Reflection**  
is one of the most  
underused yet powerful  
tools for success."  
~Richard Carlson



# Inspired



WHAT INSPIRES ME MOST TODAY?

1. ....
2. ....
3. ....

WHAT ABOUT THAT INSPIRES ME?

1. ....
2. ....
3. ....

HOW DOES THAT MAKE ME FEEL?





# Reflections



I AM STARTING TO SEE THAT.....

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**"Inspiration** is the bridge that connects the known to the unknown, enabling us to explore new realms of our creativity."

~ Marilyn Rose

# Curiosity



WHAT AM I MOST CURIOUS ABOUT TODAY?

1. ....
2. ....
3. ....

WHAT ABOUT THAT MAKES ME CURIOUS?

1. ....
2. ....
3. ....

HOW DOES THAT MAKE ME FEEL?





# Reflections



I AM STARTING TO SEE THAT.....

A large, empty white rounded rectangle intended for writing reflections.

**"Curiosity** is one of the great secrets of happiness."

~ Bryant H. McGill

# Presence



WHEN WAS I MOST PRESENT TODAY?

1. ....
2. ....
3. ....

WHAT ABOUT THAT MADE ME PRESENT?

1. ....
2. ....
3. ....

HOW DID THAT MAKE ME FEEL?





# Reflections



I AM STARTING TO SEE THAT.....

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"When your higher-self is **present**, it always promotes **peace**."

~Wayne Dyer

# Enjoyment



WHAT AM I MOST ENJOYING IN MY LIFE TODAY?

1. ....
2. ....
3. ....

WHAT ABOUT THAT DO I ENJOY?

1. ....
2. ....
3. ....

HOW DOES THAT MAKE ME FEEL?





# Reflections



I AM STARTING TO SEE THAT.....

A large, empty white rectangular area with rounded corners, intended for writing reflections.

Fill your life with  
laughter, adventure,  
and moments of pure,  
unadulterated fun!

~ Marilyn Rose



# Committed



WHAT AM I COMMITTED TO IN MY LIFE RIGHT NOW?

1. ....
2. ....
3. ....

WHAT ABOUT THAT MAKES ME COMMITTED?

1. ....
2. ....
3. ....

HOW DOES THAT MAKE ME FEEL?





# Reflections



I AM STARTING TO SEE THAT.....

A large, empty white rounded rectangle intended for writing reflections.

"No-one is afraid of commitment, they are afraid of not being enough."

*~ Arch Hades*

# Loving



WHOM DO I LOVE IN MY LIFE? WHO LOVES ME?

1. ....
2. ....
3. ....

WHAT ABOUT ME MAKES ME LOVING?

1. ....
2. ....
3. ....

HOW DOES LOVING AND BEING LOVED FEEL?





# Reflections



I AM STARTING TO SEE THAT.....

A large, empty white rectangular area with rounded corners, intended for writing reflections.

Wheresoever you  
go, go with all your  
**HEART.**



# Self-love and Care



HOW HAVE I CARED FOR MYSELF TODAY?

1. ....
2. ....
3. ....

WHAT ABOUT THAT IS CARING?

1. ....
2. ....
3. ....

HOW DOES TAKING CARE OF MYSELF FEEL?





# Reflections



I AM STARTING TO SEE THAT.....

A large, empty white rounded rectangle intended for writing reflections.

You are most worthy of extending the same the same **love, grace, support,** and **care** that you freely extend to others, to **yourself.**

~ Marilyn Rose

# Growth



## HOW HAVE I GROWN TODAY?

1. ....
2. ....
3. ....

## WHAT ABOUT THAT IMPACTED MY GROWTH?

1. ....
2. ....
3. ....

## HOW DOES THAT MAKE ME FEEL?





# Reflections



I AM STARTING TO SEE THAT.....

A large, empty white rounded rectangle intended for writing reflections.

"Change is inevitable  
but personal **growth**  
is a choice."

~ Bob Proctor



# Alignment



WHERE AM I MOST ALIGNED TODAY?

1. ....
2. ....
3. ....

WHAT ABOUT THAT INSPIRES ALIGNMENT?

1. ....
2. ....
3. ....

HOW DOES THAT MAKE ME FEEL?





# Reflections



I AM STARTING TO SEE THAT.....

A large, empty white rectangular area with rounded corners, intended for writing reflections.

“With the right **alignment**, everything you want makes its way into your experience. You are the keep of your own gate.”

~ Esther Hicks



# Less is More

WHAT DRAINS ME IN MY LIFE TODAY?

WHAT ABOUT THAT IS DRAINING?

WHAT ENERGIZES ME IN MY LIFE TODAY?

WHAT ABOUT THAT ENERGIZES ME?

HOW DOES THAT MAKE ME FEEL?



# This Week I Will Focus On:



LESS:

MORE:

WHAT WILL BE DIFFERENT?





# Reflections



WHAT I AM LEARNING ABOUT MYSELF  
THIS WEEK...

A large, empty white rectangular area with rounded corners, intended for writing reflections.

“When we weave new **insights and learning** into our daily lives, they become stepping stones leading to a more empowered and meaningful life.”

~ Marilyn Rose



*"The journey into self-love  
and self-acceptance  
must begin with self-  
examination...  
until you take the journey of  
self-reflection,  
it's almost impossible to grow  
or learn in life."*

~Iyanla Vanzant



*Marilyn Rose*

**LIFE | LEADERSHIP | MENTOR COACH**

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**CONNECT WITH MARILYN**

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