

Reframe & Rewire Journal

IPV CONSULTING
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Fill out each box and revisit for 7 days minimum. Spend time allowing your emotions to engage with sincere gratitude. This is a powerful form of cognitive restructuring. Feel free to duplicate this Journal for continued use.

Morning Gratitude

Before you begin your day, list 5 things you're grateful for.

1: _____

2: _____

3: _____

4: _____

5: _____

Challenges are an opportunity for growth. What am I learning?

People I'm Grateful For

List 4 people who made your life a little happier today.
These could be friends, family or strangers!

1: _____

2: _____

3: _____

4: _____

Celebrate Your Victories!

Write out areas you are improving, growing, achieving, or succeeding in.