

Trust Your Wings Gratitude Journal

A journal of gratitude, grace, and embodied trust

MORNING REFLECTION

Today I am grateful for...

Notice what is already here before the day asks anything from you.

MORNING REFLECTION

What support already exists in my life today?

This can be a person, a breath, a place, an inner resource, or a small moment of relief.

Trust Your Wings Gratitude Journal

A journal of gratitude, grace, and embodied trust

MORNING REFLECTION

What am I willing to receive today?

Receiving may be support, rest, kindness, guidance, spaciousness, or grace.

MORNING REFLECTION

If I trusted my wings today, what would that look like?

Let this be simple. One breath. One choice. One softer way of moving through the day.

Trust Your Wings Gratitude Journal

A journal of gratitude, grace, and embodied trust

EVENING REFLECTION

Where did grace show up today?

Look for the small signs too. Grace does not always arrive loudly.

EVENING REFLECTION

What felt lighter than expected?

What surprised you by being easier, softer, kinder, or more supported than you imagined?

Trust Your Wings Gratitude Journal

A journal of gratitude, grace, and embodied trust

EVENING REFLECTION

What am I grateful for that I almost missed?

Notice the ordinary gifts that may have been easy to pass by.

EVENING REFLECTION

What support did I receive today?

This might be visible support from others or quiet support from life itself.

Trust Your Wings Gratitude Journal

A journal of gratitude, grace, and embodied trust

EVENING REFLECTION

One thing I can release before tomorrow:

Let the page hold what you no longer need to carry tonight.

WEEKLY REFLECTION

Where am I still gripping?

Be honest without judgment. Gripping often begins as protection.

Trust Your Wings Gratitude Journal

A journal of gratitude, grace, and embodied trust

WEEKLY REFLECTION

Where am I being invited to trust?

What part of your life is asking for more space, breath, or surrender?

WEEKLY REFLECTION

What would happen if I allowed myself to be held here?

Imagine support meeting you in the exact place you are trying to hold everything alone.

Trust Your Wings Gratitude Journal

A journal of gratitude, grace, and embodied trust

WEEKLY REFLECTION

What evidence do I have that life is supporting me?

Name the moments, people, openings, lessons, or signs that remind you that you are not alone.