



Gratitude Glow Sheet

A one-page daily ritual to spark joy, appreciation, and connection

☀ Morning Reflection

Today I'm grateful for (write three things):

A small joy I'm choosing to notice:

🌟 Midday Pause

Slow down for a minute to connect and give light.

☐ A compliment I gave (or will give) today:

☐ A compliment I received:

☐ A moment that made me smile:





🌙 Evening Gratitude

Close the day with reflection and appreciation

☐ One thing I learned/appreciated today:

☐ Someone I want to thank:

☐ How I shared joy or kindness today:

Daily Affirmation:
"The more I notice goodness, the more I live in it."

Thank you for Joining the Compliment Club!
Practice one genuine compliment a day and watch your own light grow brighter.
✨ Get more free rituals and resources at: PurposefullyYou.com
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