



GRATITUDE PRACTICE JOURNAL

10 Days to Cultivate Joy, Balance, and Presence—One Reflection at a Time

This guided journal invites you into a powerful practice of intentional gratitude.

Designed for women navigating life after 40, each weekly prompt helps you reflect on meaningful areas of your life—like mindfulness, energy, aging, and joy—so you can shift from overwhelm to appreciation, one page at a time.

Whether you're beginning a new wellness chapter or deepening your self-care routine, this journal will help you build a habit of presence, peace, and perspective.

No pressure. No perfection. Just a soft space to celebrate what's already good.

BY EMILY WALSH RIBEIRO



Introduction

WHAT IS GRATITUDE?



Gratitude is more than saying “thank you.”

It’s a practice of presence. A gentle shift in awareness.
A way of seeing your life through the lens of enoughness.

Gratitude doesn’t ignore struggle or bypass pain.

It simply helps you remember what’s still true, still
working, still beautiful—even in the mess.

When practiced regularly, gratitude rewires your brain,
softens your nervous system, and brings more ease into
your body, mind, and mood.

It’s not about having more.

It’s about noticing more.

And that’s where real joy begins.

“Gratitude turns what
we have into enough,
and more. It turns
denial into acceptance,
chaos into order,
confusion into clarity...
it makes sense of our
past, brings peace for
today, and creates a
vision for tomorrow.”

–Melody Beattie

About THE AUTHOR

Emily Walsh Ribeiro is a Yoga Health Coach, author, and guide for women navigating life beyond 40. With over 5,000 yoga classes taught and more than 15,000 students supported, she blends decades of experience with a deeply personal understanding of what it means to live well—body, mind, and spirit.

Rooted in nature and lifelong mindfulness, Emily's approach is simple, sustainable, and soul-centered. She's passionate about helping women reduce stress, move with ease, and feel vibrant and at home in their bodies again—especially through life transitions like menopause and midlife reset.

A Florida native, Emily now lives in Winter Park with her husband, two teenagers, and two cats. When she's not teaching or coaching, you'll find her freediving in Florida springs, riding Jeep trails, or recharging near the water with her journal and a quiet cup of tea.



DO YOU NEED
MORE HELP?

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Before We Begin

BENEFITS OF GRATITUDE JOURNALING



Gratitude journaling isn't just a feel-good habit—it's a powerful tool for supporting your nervous system, mindset, and overall well-being. And it doesn't require perfection, fancy supplies, or hours of free time.

Even a few minutes a day can create meaningful shifts in how you think, feel, and move through your life.

Here's what consistent gratitude journaling can do for you:

♥ **Shift your mindset**

Train your brain to focus on what's working, not just what's missing. This builds resilience, optimism, and a deeper sense of contentment.

😊 **Reduce stress + anxiety**

Gratitude activates the parasympathetic nervous system—helping you move out of fight-or-flight and into rest, digest, and restore.

🌙 **Support better sleep**

Ending your day with positive reflection can calm racing thoughts and help you wind down more peacefully.

🧠 **Improve focus + clarity**

When you start your day with intention, it's easier to make aligned decisions and stay connected to what matters.

💪 **Feel more empowered**

Gratitude brings you back to your own strength. It reminds you that even in hard seasons, there is still beauty, still progress, still power within you.

Gratitude is not about ignoring what's hard—it's about remembering what's still good.

And from that place, you can move forward with more peace, presence, and possibility. © 2026 bZenYoga, Inc. | All rights reserved.



How to Begin

START WHERE YOU ARE. KEEP IT SIMPLE. LET IT GROW.



There's no wrong way to practice gratitude. You don't have to write pages of reflections or wait until life feels calm and perfect.

This journal is here to help you build a gentle rhythm—one that supports your nervous system, uplifts your mindset, and deepens your connection to what truly matters.

Here's how to get started:

1. Set your space

Find a quiet spot (even just a few minutes in bed, at your desk, or with your morning tea). Let this feel like your time.

2. Choose your time

Pick a consistent time that works for you—morning to set the tone, or evening to wind down. You can write daily or weekly. Trust your rhythm.

3. Use the prompts

Each prompt is an invitation to explore a specific theme—like joy, resilience, presence, or energy. Write what comes up. Keep it honest and light.

4. Keep it short

Even one sentence a day is enough. Focus on how it feels, not how it sounds.

5. Let it become a habit

The magic is in the consistency. Gratitude builds over time—like a muscle, or a breath, or a stretch.

You're not doing this to be perfect.

You're doing it to feel more you.



How to Use This Guide

TIPS FOR SUCCESS



Let your gratitude practice feel light, doable, and meaningful.

This journal is not about being perfect—it's about being present. Whether you write a full page or a single word, the practice still works. Here are a few tips to help you stay consistent and inspired:

Keep it simple

Gratitude doesn't have to be deep or profound. "My morning coffee" or "the breeze through the trees" are more than enough.

Be flexible

Daily is beautiful—but not required. If you miss a day (or a week), just begin again. There's no behind here.

Take it with you

Carry your journal in your bag or keep it nearby. When something good happens—write it down. Gratitude grows in the moment.

Don't filter yourself

This is your space. Write for you. Let your entries be honest, messy, quiet, joyful—whatever they need to be.

Celebrate the little things

Sometimes, the smallest gratitudes have the biggest impact. Keep your heart open to the ordinary magic around you.

Consistency creates change—but kindness keeps you coming back.

Let this be a soft, steady practice that supports you through every season.



Next Steps

KEEP YOUR GRATITUDE PRACTICE GROWING



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You've started something beautiful.

By showing up for this practice, you've begun to shift your attention, your energy, and your nervous system toward peace, clarity, and joy—one reflection at a time.

If you're ready to continue this journey with support, rhythm, and community, here are your next steps:

Join the Gratitude Challenge

Looking for more structure and inspiration? My 30 Days of Gratitude course offers daily prompts, mindset tips, and mini rituals to help you deepen your practice.

 www.bZenYoga.com/30-days-gratitude

Connect with the Community

Come share your insights, wins, and reflections in the **Yoga Over 40** Facebook group—a warm space for women on a similar path.

 www.facebook.com/groups/bzenyoga

Keep journaling

When this journal is full, start again—or simply continue your favorite prompts in a new notebook. Your life is always offering moments to notice and appreciate.

Gratitude is more than a list—it's a way of living  And you're already doing it.

Thank You for Journaling with Me



Thank you for showing up—for yourself, for your breath, for the beauty in your life that might have otherwise gone unnoticed.

Gratitude is a quiet, powerful practice.

It doesn't require perfection or pressure—just presence.

And by taking the time to write, reflect, and notice, you've created space for more peace, more clarity, and more connection within yourself.

This isn't the end of your journey.

It's a new way of moving through your days—with soft eyes, an open heart, and a deeper awareness of what's already good.

I'm honored to share this practice with you.

Keep writing.

Keep noticing.

Keep coming home to yourself.

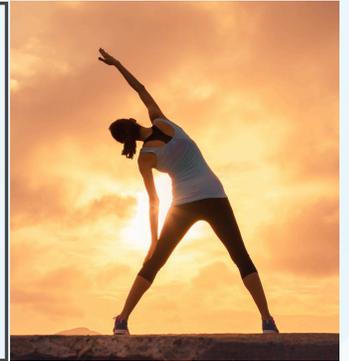
With gratitude, *Emily*



Resources

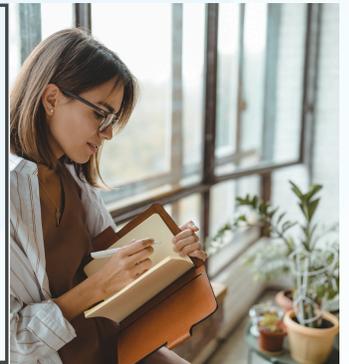
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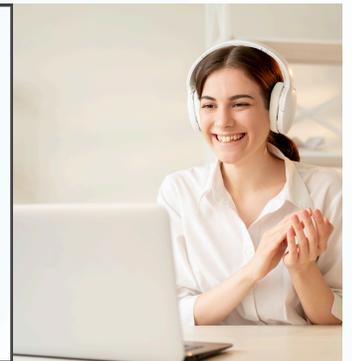
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