



**GRATITUDE OPENS  
DOORS**

**MY  
GRATITUDE  
JOURNAL**

**NOVEMBER 2025 EDITION**

# Gratitude Opens Doors

Dear Friend,

Welcome to Gratitude Opens Doors: Living in the Overflow. This month, we turn the handle of the heart and step into a space where gratitude is more than a feeling—it's a way of seeing. Each moment, each breath, each small kindness becomes a doorway into something larger, brighter, and more alive.

Gratitude is not about pretending everything is perfect. It's about recognizing that love still moves, even in the in-between. When we pause to give thanks, we realign with the rhythm of divine abundance already pulsing through our lives. In that awareness, doors open—sometimes quietly, sometimes all at once—and we realize the good we've been seeking has been waiting for us to notice it.

Throughout these weeks, you'll be invited to notice, reflect, and practice gratitude in new ways. Let your journal pages hold your discoveries. Let your prayers become windows of thanks. Let your heart be the open door through which Spirit flows freely.

Most of all, remember this: gratitude connects us. It links our hearts to one another and to the Source that never runs dry.

Together, let's open the doors.

With deep appreciation,

*Rev. Kathy*

Rev. Kathy Beasley

Senior Minister

Unity Spiritual Center near The Villages

# Gratitude Opens Doors

## *A Journal of Gratitude in Motion*

*The theme for November is Gratitude Opens Doors.*

*It's a month-long journey through four spiritual movements:*

1. **The Door of Love** – *Opening to the Presence within.*
2. **The Door of Prayer** – *Opening to divine connection.*
3. **The Door of Community** – *Opening to one another.*
4. **The Door of Light** – *Opening to the season of becoming.*

*Each week explores how gratitude is not an emotion but an activation — a signal that the soul is ready to move forward, revealing Love, alignment, connection, and illumination already alive within us.*

*Rev. Kathy Beasley*

*Senior Minister*

*Unity Spiritual Center near The Villages*

## How to Use This Gratitude Journal

*Welcome to Gratitude Opens Doors — a sacred companion for your personal journey through November. This journal invites you to slow down, listen deeply, and walk through the doors that gratitude reveals within and around you.*

*Each week offers:*

- *A Theme that opens one of the doors — Love, Prayer, Community, and Light.*
- *A Centering Quote to awaken your heart and ground your reflection.*
- *Journaling Prompts to guide your honest and thoughtful exploration, with space for your insights and prayers.*
- *An Affirmation to anchor your awareness in truth and possibility.*
- *A Short Prayer to center your mind and open your heart.*
- *An “Aha Moment” Thought Cloud to capture sudden clarity, inspiration, or gentle revelation along the way.*

*Use this journal in whatever way draws you nearer to your own understanding of gratitude — during Sunday services, in morning stillness, or at the end of each day as reflection.*

*Let it become your doorway to the Presence within. With each word you write and each truth you discover, may gratitude continue to open the doors that lead you deeper into love, peace, and light.*

# Self-Reflection & Awareness

DATE:    /    /

*Love is the great harmonizing principle of the universe and the key to divine understanding. As we open our hearts in gratitude and goodwill, we align with the Presence of God within and find that love flows freely through every part of our being.*

— Charles Fillmore, *The Revealing Word*, "Love"

## Week 1 – The Door of Love: Opening to the Presence Within

When have I felt Love moving through me rather than toward me?

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What Truths become clearer when I let gratitude lead the way?

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Where in my life is Love asking for expression right now?

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My Aha Moments

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Love opens me to everything real.

DATE: / /

# Self-Reflection & Awareness

*“Prayer is not an asking but a knowing — a communion of the mind with God. It is the recognition of divine order already present and the quiet assurance that all is well.” — Charles Fillmore, Teach Us to Pray*

## Week 2 – The Door of Prayer: Opening to Divine Connection

When I pray from a space of gratitude instead of need, what shifts in me?

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How do I recognize the still, small voice of Spirit in my everyday life?

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In what ways might I already be the answer to someone’s prayer?

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My Aha Moments

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In the stillness, my gratitude becomes prayer.

# Self-Reflection & Awareness

DATE:    /    /

*“We are not separate beings trying to become one with God; we are expressions of the one Life, learning to recognize that same Life in one another.” — Eric Butterworth, Discover the Power Within You*

## Week 3 – The Door of Community: Opening to One Another

Where do I feel most connected to others right now?

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How does expressing gratitude change the energy of my relationships?

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What door might gratitude be inviting me to open within my community?

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My Aha Moments

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Gratitude makes room for us all

DATE: / /

# Self-Reflection & Awareness

*“As we lift our consciousness to the light of Truth, we awaken to the radiant Presence that has been with us always. The light of Spirit reveals our way, renews our strength, and transforms our world.”*

— Myrtle Fillmore, *Healing Letters*

## The Door of Light: Opening to the Season of Becoming

What truth has gratitude revealed to me this month?

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Where in my life am I ready to let light in more fully??

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How can I carry this awareness of light into the Advent season?

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My Aha Moments

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Gratitude opens every door to new life.

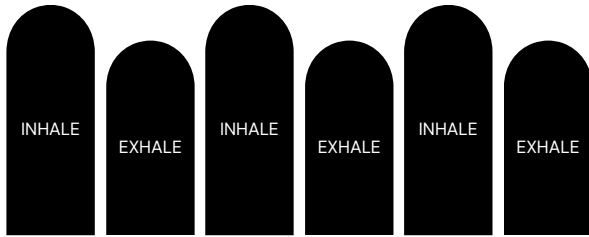


# 5 Minute Gratitude Journal

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S M T W T H F S

Breath before writing

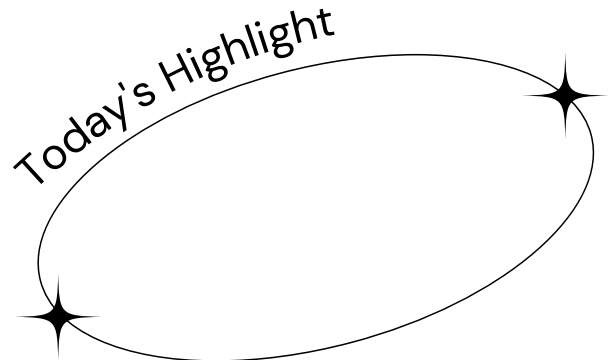


3 best thing about today

Three rounded rectangular boxes stacked vertically for writing the three best things about today.

Things you're grateful today

Five horizontal lines for writing, each starting with a small asterisk icon.



Describe today in a drawing

A large empty rectangular box for drawing, with a small pencil icon in the bottom right corner.

Things that you learned

Three horizontal lines for writing things learned.

Today's Affirmation

Two horizontal lines for writing the affirmation.

# Morning — Journal

Immerse yourself in the practice of a focused morning journal—a powerful tool that can positively shape your mindset and well-being.

Date

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Wake up time

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Today's Affirmation

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(To do) Priority of the day



Grateful for

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Goal of the day

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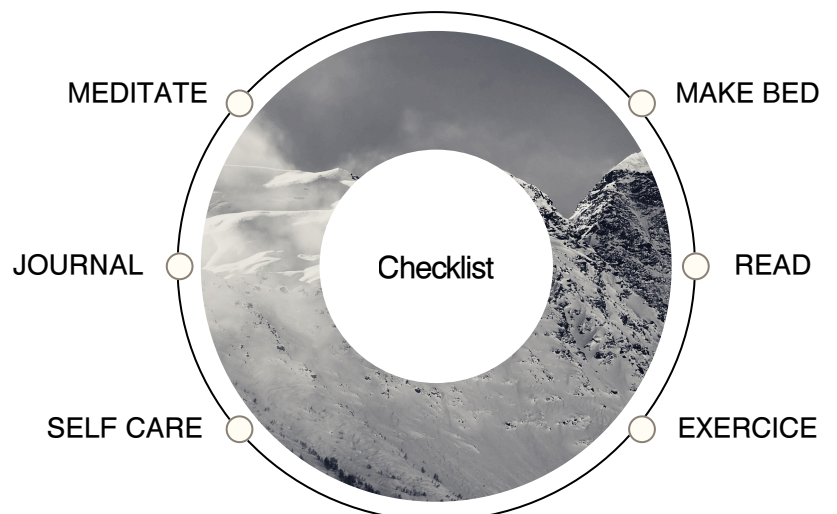
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*(Thoughts)*

SET INTENTIONS FOR CLARITY, VITALITY  
AND INNER PEACE.

*(Morning Rituals Checklist)*

ROADMAP TO AN ENERGIZED AND  
PURPOSEFUL START.





# Evening Gratitude

3 things I'm grateful for today are...

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The best part of today was...

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What can I learn from today's experiences?

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Tomorrow I'm looking forward to...

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"Do more of what you love."



DATE / /

**GOALS THIS MONTH**

*What are your top goals to accomplish for the day?*

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**TO-DO LIST**

*Check off your tasks throughout the day.*

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**FREE THOUGHTS**

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# Monthly Self-Care & Gratitude

MONTH:  
YEAR:

## OVERALL SELF-CARE ENGAGEMENT

(Rate 1-5, 5 being excellent):

- Physical Self-Care : ..... /5
- Mental Self-Care : ..... /5
- Emotional Self-Care : ..... /5
- Spiritual Self-Care : ..... /5
- Overall Self-Care Score : ..... /5

## OVERALL GRATITUDE PRACTICE

(Rate 1-5, 5 being excellent):

- Daily Consistency : ..... /5
- Depth of Reflection : ..... /5
- Mindfulness Practice : ..... /5
- Emotional Impact : ..... /5
- Overall Gratitude Score : ..... /5

## MONTHLY EVALUATION

What went well with my self-care this month?

.....

What challenged my self-care this month?

.....

What new insights did I gain from my gratitude practice this month?

.....

## MY SELF-CARE & GRATITUDE INTENTIONS FOR NEXT MONTH:

1. ....
2. ....
3. ....
4. ....

*"Breathe. You are enough, and all is unfolding as it should be."*



# 30 DAYS OF GRATITUDE

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	
DAY 6	
DAY 7	
DAY 8	
DAY 9	
DAY 10	
DAY 11	
DAY 12	
DAY 13	
DAY 14	
DAY 15	

DAY 16	
DAY 17	
DAY 18	
DAY 19	
DAY 20	
DAY 21	
DAY 22	
DAY 23	
DAY 24	
DAY 25	
DAY 26	
DAY 27	
DAY 28	
DAY 29	
DAY 30	

# Gratitude Journal

Date:

S | M | T | W | T | F | S

Water intake



Hal yang saya syukuri hari ini

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
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- \_\_\_\_\_

5 Good things today

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Drawing my mood today

The failure I received today

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What to do tomorrow

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# GRATITUDE — PLANNER

*Happiness starts with gratitude. Use this planner to pause, reflect, and celebrate life's little moments. A grateful heart makes every day brighter.*

(Day):

(Month):

(Year):

(How I Felt Today) *Connect or color the emotions that match your day*

Energized

Creative

Inspired

Grateful

Productive

Introspective

Stressed

Conflicted

Connected

(Daily Affirmation)

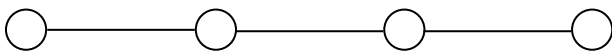
*A positive statement to uplift your mindset*

(Highlight of the Day)

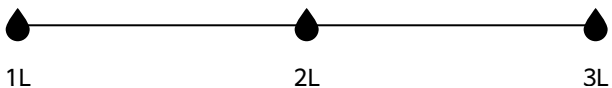
*A moment that made you smile or feel good.  
Draw or describe it here*

Self-Care Tracker

*Track how well you cared for yourself today*



Water Intake



(One Intention for Tomorrow)

*Setting an intention helps you approach the next day with purpose and mindfulness.*

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT  
ON THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE

*Daily Affirmation*

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NOTES & FREE THOUGHTS