

52 WEEKS OF GRATITUDE

Expressing gratitude for all of the good, so you can focus on
the beauty of motherhood.

MAMA MALAS

One of the problems with constantly seeking out your most intentional, best life is that it can be easy to fall into the trap of constantly striving for the next thing without appreciating the beauty of the present, which is why having a daily gratitude practice is so important.

By consciously expressing gratitude for both the magical and commonplace aspects of your life, you shift your perspective so that you can see the beauty that is already all around you. You can be fully appreciative of the present, while still intentionally growing and expanding your life and experiences. It may seem silly but I used to be afraid that if I focused on all the good things in my life, I wouldn't move forward. But the reality is that what you focus on expands, and when you open your heart to the greatness around you, you invite more of it in.

I hope this journal allows you to illuminate all the beauty that surrounds you.

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