A PRINTABLE 30-DAY JOURNAL

The Spiritual Reflection Journal

Thirty days of reflection, gratitude and quiet practice

Daily questions · Gratitude · Meditation prompts · Personal growth worksheets

This journal belongs to _____

I began on _____

Spiritual Land
WISDOM FOR EVERYDAY LIFE

Welcome

A quiet companion for the next thirty days.

This journal offers a simple daily rhythm: a short reflection to read, one question to explore, three things to be grateful for and a small meditation to try. Over four weeks the themes move gently from **presence** to **gratitude**, **letting go** and **compassion**, followed by two days of **integration**. Each day takes about ten to fifteen minutes. There are no right or wrong answers – only honest ones.

How to use this journal

1. **Choose a regular time and place.** Morning works well for intentions, evening for looking back.
2. **Begin with three slow breaths.** Let each out-breath be a little longer than the in-breath.
3. **Read the reflection, then write.** A few words are enough. Don't edit yourself.
4. **Try the meditation.** Three minutes count. So does trying and getting distracted.
5. **If you miss a day, simply continue.** This is a practice, not a test.

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Your daily page at a glance

Check-in
Date, energy and calm – and an intention for the day.

Today's question
One question to explore in writing.

Gratitude
Three specific things, with a small focus for each day.

Today's meditation
A short practice of three to ten minutes.

Insights
Open space for anything that wants to be written.

One small step
A simple action to carry into tomorrow.

Each week also begins with a short introduction to its theme and ends with a themed worksheet and a weekly review.

Printing tips

Print on A4 (or choose "fit to page" for US Letter). Single-sided printing leaves the back of each page free for longer notes. You may print as many copies as you need for your own personal use – for example, to start the thirty days again.

A word on sources

The reflections in this journal are original texts written by Spiritual Land. Where a practice comes from a particular tradition, we name it – but we never attribute invented quotations to the Buddha, Krishna or other historical teachers.

A gentle note: This journal supports everyday wellbeing and self-reflection. It is not a substitute for medical, psychological or therapeutic care. If you are struggling, please reach out to a qualified professional or someone you trust.

WEEK 1 · DAYS 1–7

Presence

Arriving where you are

Every spiritual path begins in the same place: here. Before we can change anything, we need to notice what is actually happening – in the body, in the mind and in the ordinary moments of the day. This first week is not about becoming calmer or better. It is about arriving, again and again, in the life you are already living.

This week's core practice: five minutes of breath awareness

1. Sit comfortably, upright but relaxed. Let your hands rest.
2. Close your eyes or let your gaze rest softly on the floor.
3. Feel the breath where it is clearest – the nostrils, the chest or the belly.
4. When the mind wanders, notice where it went and return to the breath. Without blame.
5. Each daily page adds a small variation to this practice.

Rooted in: Breath awareness, found in Buddhist ānāpānasati and in yogic prāṇāyāma; present-moment attention, shared by many contemplative traditions.

How am I arriving at this part of the journey?

My intention for this week

DAY
1

WEEK 1 · PRESENCE

Beginning where you are

You do not need to be calmer, wiser or more disciplined to begin. Today, simply notice where you are – in your body, your mood and your life – without trying to fix anything.

Date _____ **Energy** low (1) (2) (3) (4) (5) high **Calm** restless (1) (2) (3) (4) (5) calm

My intention for today _____

Today's question

If I describe my life right now honestly and kindly, what would I say?

Gratitude *three things*

Anything at all – big or small, as specific as you can

1

2

3

Today's meditation

Sit for five minutes. Notice the places where your body touches the chair or the floor. Each time your mind wanders, return to these points of contact.

☐ practised ☐ not today minutes: ____

What I noticed

Insights *feelings, thoughts, dreams – anything that wants to be written*

One small step for tomorrow _____

My presence map

We are rarely absent all day long – it happens at particular times and in particular situations. Map your typical day: where do you tend to slip into autopilot, and what small "anchor" could bring you back? An anchor can be one breath, a sensation, a sound or a short pause.

Time of day	Where I tend to go on autopilot	A small anchor to return to presence
Example	*Scrolling my phone while drinking coffee*	*First three sips without the phone, tasting each one*
Waking up		
Morning		
Midday		
Afternoon		
Evening		
Before sleep		

My three presence anchors for the coming weeks

1 _____

2 _____

3 _____

What I discovered by making this map

My gratitude map

Gratitude grows when we look in many directions. Fill each area with specific things – names, places, moments. Return to this page whenever you need a reminder of what is already good in your life.

People *who support, teach or inspire me*

Places *where I feel at home or at peace*

My body *what it allows me to do*

Nature *what I love about the natural world*

Moments *memories I treasure*

Simple things *small pleasures of everyday life*

Looking at this map, what do I notice?

Someone I would like to thank – and how I will do it