

GRATITUDE *Journal*

A space for calm, connection, and care – from all of us at Mast Cell Action.

Use this journal however feels right for you. There's no pressure to write every day or find something profound. Some days, it might be a kind word from a friend, a moment of peace, or simply managing to eat a safe meal. These moments matter. You matter.

Week of:

Day	3 Things I'm Grateful for	Food for thought
Monday		In life, it's not about speed but direction
Tuesday		Some paths are created as we go
Wednesday		Even when the skies are grey, my colour will shine
Thursday		Rest is part of the journey
Friday		Storms pass. Roots remain
Saturday		Light can be quiet and still shine
Sunday		The smallest steps still move me forward