



Motherhood is sacred—but it can also be overwhelming.

If you're a mom carrying the silent weight of anxiety, this gentle journal was created just for you.

In these pages, you'll find a safe, spiritual space to breathe, reflect, and reconnect with your heart.

Over the course of 90 days, you'll be guided through:

- Daily Gratitude Prompts to help you shift focus from worry to wonder
- Spiritual Reflections that invite peace and purpose into your day
- Scriptures and Soulful Affirmations to calm anxious thoughts
- Weekly Reflections to help you track growth and emotional healing
- Simple Breath Prayers, Grounding Rituals, and Soul Tools for anxious moments

□ Bonus journaling pages, mood trackers, and favorite mantras to make this journey your own

This isn't just a gratitude journal—it's a healing companion.

Designed with love and spiritual intention, Gratitude Journal for Moms with Anxiety meets you where you are and walks with you toward where you want to be: rooted, whole, and present.



□ Who This Book Is For:

Mothers struggling with daily anxiety, overwhelm, or burnout

Faith-driven women seeking a deeper connection with God and self

Moms craving stillness, peace, and emotional grounding

Anyone looking for a simple, spiritual gratitude practice that fits into real life

You don't have to do it all perfectly.

You just have to show up—with honesty, with heart, and with hope.

Let this journal be your sanctuary, your mirror, and your reminder:

You are not alone, and grace is never far away.

# Gratitude Journal for Moms with Anxiety

A 90-Day Spiritual Journey to Peace, Presence & Thankfulness

Gratitude Journal for Moms with Anxiety



by Olasunkanmi Agbajelola