THE QUIET GROVE

THE BOTANICAL JOURNAL COLLECTION

Small Wild Joys

GRATITUDE & EVERYDAY BEAUTY



A gentle gratitude practice for ordinary pleasures, quiet support, and moments worth keeping.

20 reusable pages / no tarot experience needed

THIS JOURNAL BELONGS TO

Make it your own.

Print a favorite page, repeat it, and begin wherever you are.



A gentle gratitude practice for ordinary pleasures, quiet support, and moments worth keeping.

PRINTING YOUR JOURNAL

Choose your paper

Use Letter for 8.5 x 11-inch paper or A4 for 210 x 297 mm paper.

Check one page first

Print at Actual size / 100%, one-sided. If an edge is clipped, select Fit to printable area.

Enjoy the artwork

Color shows the illustrations best. Regular paper works; 24-28 lb paper feels nicer for writing.

Keep it simple

Print only the pages you need. Use a folder, clipboard, or binder sleeves to keep them together.

USING THESE PAGES

Choose one prompt and write a specific detail. Gratitude can sit alongside frustration, sadness, or an ordinary day; there is no need to make everything sound positive. Repeat the daily page whenever it helps.

YOUR FIRST FIVE MINUTES

Try Three small joys for five minutes. Describe what happened and why it mattered, then close the journal when you have enough.

A LOOK INSIDE

- Daily gratitude and sensory noticing pages
- Kindness records, joy lists, and weekly reviews
- Thank-you letters and a month of small moments

Printable PDF for personal use. These pages are not fillable forms. You may annotate a copy in a compatible PDF app; it will not sync with your website journal. Print copies for your own use, but do not redistribute or resell the files.

Three small joys.

Date: _____ A word for today: _____



DATE / VISIT / SESSION

A WORD OR THEME

A moment I want to keep

What happened? Include a color, sound, taste, or other detail.

A person or thing that helped

How did that support make a difference?

Something I appreciate in myself

Name an effort, choice, or act of care.

Beauty through the senses.

Look around the place you are already in.



DATE / VISIT / SESSION

A WORD OR THEME

SOMETHING I SAW

Light, color, movement, or a small detail.

SOMETHING I HEARD

A voice, birdsong, rain, music, or quiet.

SOMETHING I FELT

A comfortable texture, warmth, or a welcome breeze.

SOMETHING I TASTED OR SMELLED

A small pleasure in something ordinary.