



A BASKETFUL OF LOVE

THEME 22

GRATITUDE GROVE

Extended Digital Companion —
Workbook Edition

A Basketful of Love — Light with Intention

WELCOME



Welcome to Theme 22: Gratitude Grove

This workbook invites you to pause, reflect, and cultivate gratitude through thoughtful gifting and intention.

Gratitude Grove focuses on appreciation, mindfulness, and recognizing the meaningful moments, big and small.

Use these pages to create an experience rooted in thankfulness and warmth.

SETTING YOUR INTENTION



What are you feeling most grateful for right now?

Who or what inspired this theme for you?

My intention for this Gratitude Grove experience is:

YOUR BASKET VISION



What feeling should this theme encourage??
(Check or circle any that apply)

☐ Thankfulness

☐ Peace

☐ Mindfulness

☐ Warmth

☐ Connection

☐ Reflection

☐ Abundance

☐ Other:



Describe the atmosphere you want this basket or experience to create:

GIFT ITEMS BRAINSTORM



What items help express gratitude?

Think about thoughtful keepsakes, notes or cards,
comfort items, natural or calming elements

List your ideas below:

COLOR & THEME FEELING BOARD



Choose a calming, grateful style:

☐

Earth & Nature
(sage, forest green, wood tones)

☐

Soft Neutrals
(cream, linen, warm beige)

☐

Autumn Warmth
(amber, rust, muted gold)

My chosen palette:



MESSAGE / AFFIRMATION CREATOR



Write 3 gratitude statements or reflections:

1.

2.

3.

Optional:

*Rewrite one into a short phrase
suitable for a tag or card.*

PERSONAL REFLECTION



How does practicing gratitude change your perspective?

What simple habits help you stay thankful?

GRATITUDE MOMENT



Write three moments from your life that you deeply appreciate:

1.

2.

3.

WRAP-UP PAGE



Your Gratitude Grove Takeaway Message:

What does Gratitude Grove represent for your life or gifting style?

Date Completed: