

The Nightly Gratitude Journal

One line of thanks every night — the seventh sail, raised last, flown forever.

The bootcamp ends; this doesn't. One line a night naming what God did today. By Sabbath you have a week of evidence; by next year, a book of it. Gratitude is how a captain rests.

Action checklist

- Set a nightly 9:00 PM automation (Shortcuts → Time of Day → notification: "What's one thing from today you're thankful for?").
- Answer with ONE line — in a single journal note, or a 'Gratitude' Habitify habit. Sixty seconds. No essays.
- Each Sabbath, paste the week into Claude: "Read my week of gratitude back to me. What was God doing?" Thank Him out loud.
- Optional: bring one entry a week to the dinner table or the Family Meeting.

THE SEVENTH SAIL

Raised in the last week because it's the one that keeps the whole rig moving after the bootcamp ends. The 5:25 prayer asks; the 9:00 journal thanks. Ask and thank, every day.

Scripture sit

Psalm 92:1–2 — "It is good to give thanks to the LORD... to declare your steadfast love in the morning, and your faithfulness by night." (A psalm written for the Sabbath.)

What I noticed

Captain's next move
