

GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT
ON THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

These can be big or small, such as moments, experiences, people, or aspects of your life

1

2

3

WHY I AM GRATEFUL AND HOW IT MADE ME FEEL?

Reflect on how each one has positively impacted your life and describe the emotions or feelings that arise when you reflect on your gratitude.

1

2

3

SOMETHING THAT
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL
TO HAVE IN MY LIFE

NOTES & FREE THOUGHTS

