

GRATITUDE JOURNAL

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

TODAY'S DATE:

TODAY I'M GRATEFUL FOR

1

2

3

WHAT IS SOMETHING THAT MADE ME LAUGH OUT LOUD
TODAY AND WHY?

WHO SHOULD I WRITE A NOTE OF GRATITUDE TO TODAY
AND WHY?



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WHAT IS THE MOST INSPIRATIONAL BOOK OR HAPPIEST
MOVIE I TOOK IN THIS WEEK?

WHO SHOULD I WRITE A NOTE OF GRATITUDE TO TODAY
AND WHY?



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WHAT AM I MOST LOOKING FORWARD TO DOING THIS WEEK?

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AND WHY?



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WHAT ARE FIVE THINGS AROUND ME RIGHT NOW THAT I'M
GLAD I DON'T HAVE TO LIVE WITHOUT?

WHO SHOULD I WRITE A NOTE OF GRATITUDE TO TODAY
AND WHY?



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WHAT'S ONE THING I'D LIKE TO BE PROUD OF BY THE END
OF THIS WEEK/MONTH/YEAR?

WHO SHOULD I WRITE A NOTE OF GRATITUDE TO TODAY
AND WHY?



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WHAT'S A CHALLENGE I OVERCAME TO GET ME TO WHERE I
AM TODAY?

WHO SHOULD I WRITE A NOTE OF GRATITUDE TO TODAY
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WHAT ARE FOUR ACTIONS I CAN TAKE TO MAKE ANOTHER
PERSON HAPPY?

WHO SHOULD I WRITE A NOTE OF GRATITUDE TO TODAY
AND WHY?

