



Gratitude Journal

notice the good, write it down

DATE _____

DAY _____

today I am grateful for...







best part of today

someone who made my day

today's affirmation

my mood



one kind thing I did



Weekly Gratitude

three good things, every day

WEEK OF _____

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sat



sun



this week's favorite moment



30 Days of Gratitude

one prompt a day, tick it off



- | | |
|---|--|
| 1 A smell that instantly makes you happy ☐ | 16 A tradition you love ☐ |
| 2 Someone who made you laugh this week ☐ | 17 Something that went right today ☐ |
| 3 A place you feel safe ☐ | 18 A book, film or show that changed you ☐ |
| 4 Something your body did for you today ☐ | 19 A part of your morning you enjoy ☐ |
| 5 A small luxury you often forget about ☐ | 20 A stranger who helped you ☐ |
| 6 A lesson a hard time taught you ☐ | 21 Something you are looking forward to ☐ |
| 7 A friend you could call at 2 a.m. ☐ | 22 A photo that makes you smile ☐ |
| 8 Your favorite thing about where you live ☐ | 23 An opportunity you have right now ☐ |
| 9 A song that lifts you up ☐ | 24 A simple pleasure from this week ☐ |
| 10 A skill you are glad you learned ☐ | 25 A challenge you are proud of handling ☐ |
| 11 A meal you will always remember ☐ | 26 Someone you have not thanked yet ☐ |
| 12 Something in nature you saw today ☐ | 27 A favorite season and why ☐ |
| 13 A teacher or mentor who believed in you ☐ | 28 Something about yourself you appreciate ☐ |
| 14 A comfortable item you use every day ☐ | 29 A memory from childhood that feels warm ☐ |
| 15 A recent kind word you heard ☐ | 30 Three ordinary things that made today good ☐ |