



Gratitude Journal

notice the good, write it down

DATE _____

DAY _____

today I am grateful for...



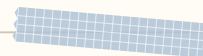




best part of today

someone who made my day

today's affirmation



my mood



one kind thing I did



Weekly Gratitude

three good things, every day

WEEK OF _____

mon



tue



wed



thu



fri



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

☐