"Gratitude turns what we have into enough."

GRATITUDE

Journal

"Fill your paper with the breathings of your heart."
- William Wordsworth

DAILY GRATITUDE

MONTH: _____

Day	"Today I am Grateful for..."
1	
2	
3	
4	
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27	
28	
29	
30	
31	

I'm Grateful for These:

PEOPLE:

1
2
3
4
5

EXPERIENCES:

1
2
3
4
5

SKILLS:

1
2
3
4
5

PLACES:

1
2
3
4
5

MEMORIES:

1
2
3
4
5

MATERIAL THINGS:

1
2
3
4
5

GRATITUDE PROMPTS

What made you smile today?

An act of kindness someone showed to you.

What do you love about yourself?

Something you take for granted that you are grateful for.

What inspires you?

An accomplishment you are proud of.

A challenge you are grateful for.

A memory that makes you smile.

Something you find comfort in.

What brings you joy?

A person who you are grateful for.

Something you cherish.

Something you think is beautiful.

Write about your family and the positive impact they have on you.

Someone who inspires you.

Your favorite thing to wake up to in the morning.

What are you looking forward to?

What is the best thing that happened to you this week?

A friendship and why it's meaningful to you.

A life lesson you have learned.

The best gift you've ever recieved.

Why you are grateful for your body?

A talent that you are grateful for.

What is good in your life?

What simple pleasures in your life are you most grateful for?

Express gratitude for the difficult people in your life.

Think of something kind you did for yourself recently. Write a thank you note to yourself.

20 REASONS

WHY ————————————————

IS GREAT.

1. ---
2. ---
3. ---
4. ---
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6. ---
7. ---
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11. ---
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18. ---
19. ---
20. ---

I AM GRATEFUL FOR

_____

BECAUSE

_____

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I AM GRATEFUL FOR

_____

BECAUSE

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Gratitude Tracker:

MONTH: _____

Fill in the days you practiced gratitude.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31