

Gratitude Journal

TODAY'S DATE:

I'M GRATEFUL FOR...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

PEOPLE I'M GRATEFUL FOR...

- 1.
- 2.
- 3.
- 4.
- 5.

SOMETHING GREAT IN MY LIFE RIGHT NOW:

AFFIRMATIONS: I AM...

I'M REALLY LOOKING FORWARD TO:

- 1.
- 2.
- 3.
- 4.
- 5.

Daily Reflection...

SOMETHING I SMILED ABOUT

SOMETHING GREAT THAT
HAPPENED TODAY

SOMETHING I APPRECIATED
ABOUT OTHERS TODAY

MY CHALLENGES ...

CHALLENGE #1

WHAT I'M LEARNING FROM THIS CHALLENGE...

CHALLENGE #2

WHAT I'M LEARNING FROM THIS CHALLENGE...

CHALLENGE #3

WHAT I'M LEARNING FROM THIS CHALLENGE...

BEST PART OF TODAY ...

HOW I PAID IT FORWARD TODAY ...

Weekly Gratitude...

WEEK OF:

M



T



W



T



F



S



S

