

GRATITUDE JOURNAL



About Me

Year:

Date:

Name:

My Goals:

Why I Started Journaling:

My Motivations

Reason 1.

Reason 2.

Reason 3.

My Habit

New Healthy Habits

☐☐☐☐

Bad Habits To Reduce

☐☐☐☐

Rewards

Rewards For Meeting My Goals

1.

2.

3.

4.

Why I Deserve These

☐☐☐☐

Daily Gratitude Journal

Today I Am Gratitude For

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Quotes & Affirmations

Looking Forward To Today

Things That Make
Be Happy

Getting Better Each Day

My Challenge	Let Go Of	Tomorrow I Will

Getting Better Each Day

Weekly Gratitude

Monday	Today I Am Grateful For _____ _____ _____ _____	Why
Tuesday	Today I Am Grateful For _____ _____ _____ _____	Why
Wednesday	Today I Am Grateful For _____ _____ _____ _____	Why
Thursday	Today I Am Grateful For _____ _____ _____ _____	Why
Friday	Today I Am Grateful For _____ _____ _____ _____	Why
Saturday	Today I Am Grateful For _____ _____ _____ _____	Why
Sunday	Today I Am Grateful For _____ _____ _____ _____	Why

Monthly Gratitude

January

February

March

Monthly Gratitude

April

May

June

Monthly Gratitude

July

August

September

Monthly Gratitude

October

November

December

Monthly Reflections

Month:

How Was This Month?

Highlights This Month

Challenges

Grateful For

What Went Well

Improvements

Do More Of

Do Less Of

Setting Up For Success Next Month

To Start

Continue

To Stop

Next Month I Am Coming To:

Mood

Rating

Gratitude Blank

Health

Work & Career

Personal Growth

Fun & Leisure

Love

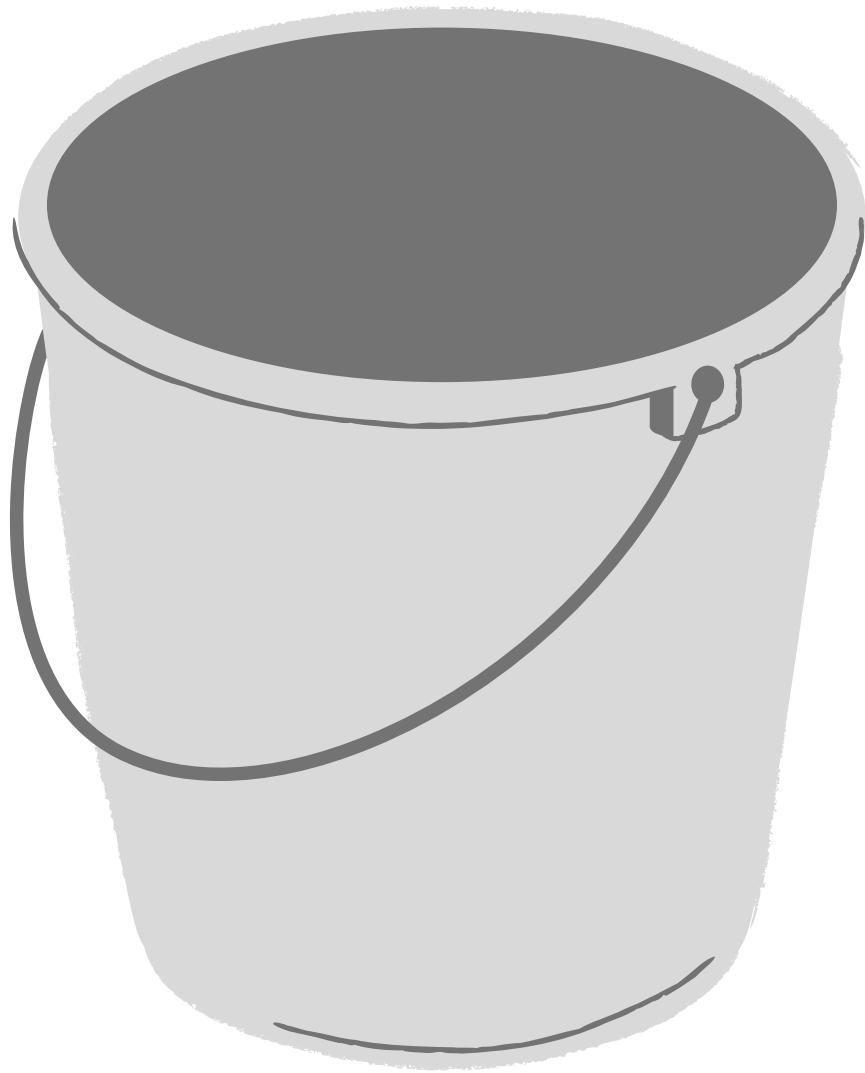
Friends

Family

Finance

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Gratitude Bucket



The 5 Minute Journal

Date:

People I Am Grateful For

What I Love About My Body

Wonderful Things That Happened

Achievements

Going Forward

Things I'm Excited About

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Thoughts & Notes

Things To Let Go

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The 7 Minute Journal

Monday

Today I Am Grateful For.....

What I Appreciate Most About this Moment.....

One Way I Am Already Living The Life I Want.....

Someone Who Makes My Life Better Just By Being In It

The 7 Minute Journal

Tuesday

Today I Am Grateful For.....

Something About Me That Is Worth Celebrating.....

Something I Get To Do Today That I Have Always Wanted To.....

Someone Who Given Me Hope On A Bad Day

The 7 Minute Journal

Wednesday

Today I Am Grateful For.....

Something Or Someone That Makes Me Smile Like A Kid Again.....

One of the best parts about being me.....

A Valuable Lesson I Learned From A Difficult Situation

The 7 Minute Journal

Thursday

Today I Am Grateful For.....

One Way My Life Is Better Now Than I Ever Expected It To Be.....

One Beautiful Reason To Be Happy Right Now.....

So Far What I Love The Most About Today

The 7 Minute Journal

Friday

Today I Am Grateful For.....

Someone Who Helped Me To Get To Where I Am Today....

Something Great About Today That Makes Me Look Forward To

**A Challenging Experience That Helped Me
Grow Into A Better Version Of Myself**

The 7 Minute Journal

Saturday

Today I Am Grateful For.....

Something In My Life That Makes It Worth Living

A New Door That Opened For Me Recently

Something That Worked Out Much Better Than I'd Hoped

The 7 Minute Journal

Sunday

Today I Am Grateful For.....

A Person, Place or Thing That Makes My Life Happier

A Second Chance I Have Been Given

One Reason My Life Is Already Great.....

Bedtime Reflection

Good Things That Happened Today

Things I Did To Make A Positive Difference Today

How I Feel Today

A Positive Thought To Carry Me To Sleep

Year End Reflection

How Was This Year

--

My Favorite Moment This Year

--

Gratitude For

--

Challenges

--

Areas Of Improvement

--

What Went Well

--

How To Set Up For Success Next Year

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This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings on the page.