

DAILY

GRATITUDE JOURNAL

Record three specific things you are grateful for today.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WHAT AM I GRATEFUL FOR TODAY?

WHO AM I THANKFUL FOR TODAY. AND WHY?

WHAT KIND ACTS HAVE I NOTICED OR EXPERIENCED TODAY?

WHAT BLESSINGS OR GOOD THINGS MAKE MY LIFE BETTER TODAY?

WHAT BEAUTIFUL THINGS HAVE I NOTICED TODAY?

WHAT VICTORIES AM I THANKFUL FOR TODAY?