

Gratitude Journal

Cultivate a Gratitude Practice

Instructions: Set aside 5-10 minutes each day to reflect and fill out the prompts below. Choose one section or complete them all. Aim to be specific and focus on even the smallest joys.

1. Morning Gratitude Reflection

Start your day on a positive note.

Today, I am looking forward to...

Example: A walk in the park, a call with a friend, a warm cup of tea.

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One thing I'm grateful for from yesterday is...

Example: The sunset, finishing a task, laughter at dinner.

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An affirmation or intention for today:

Example: I will stay present and cherish small moments.

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2. Daily Gratitude Prompts

Reflect on the good things in your day.

Three things that made me smile today:

1.
2.

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3.

A small victory I achieved today:

Example: Answering a challenging email, making time to rest.

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Someone or something that made me feel loved or supported:

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3. Evening Gratitude Wrap-Up

End your day with a peaceful mind.

What are 3 things I'm grateful for today, and why?:

1.

2.

3.

A lesson I learned or something new I discovered today:

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What's one positive thought I want to carry into tomorrow?:

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4. Gratitude Tracker

Day	One thing I'm grateful for	Mood after journaling
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		