

Take 5 minutes a day to feel better, think clearer, and grow stronger.

This fun and easy-to-use gratitude journal is designed just for teens. With simple prompts, space to reflect, and mood check-ins, it helps build a daily habit of positivity, mindfulness, and self-confidence.

Whether you're having a great day or a tough one, writing down the good stuff can shift your mindset and improve your mental health.

☀️ 90 daily entries with repeatable prompts

🧠 Space for self-reflection, doodles, and thoughts

😊 Mood tracker to build awareness

Perfect for personal use, school programs, or gifts!



A 90-Day Gratitude Journal  
for Teens to Reflect and  
Recharge