



# Gratitude Journal



FOCUS ON THE GOOD. GROW IN THANKFULNESS.

DATE: \_\_\_\_\_

DAY OF THE WEEK: \_\_\_\_\_

## 1 I AM GRATEFUL FOR...

List at least three things you are thankful for today.

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_

## 2 WHY I'M GRATEFUL

Write why each item above is meaningful to you.

1

\_\_\_\_\_

\_\_\_\_\_

2

\_\_\_\_\_

\_\_\_\_\_

3

\_\_\_\_\_

\_\_\_\_\_

## 3 TODAY'S HIGHLIGHTS

What were some of the good moments or blessings from today?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 4 LESSONS LEARNED

What did you learn today that you are grateful for?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 5 TOMORROW I LOOK FORWARD TO...

What is one thing you are looking forward to?

\_\_\_\_\_



*Gratitude changes everything.*