



GRATITUDE

JOURNAL

There is always something to be happy about.

DAILY GRATITUDE

MONTH: _____

DAY	TODAY I AM GRATEFUL FOR:
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
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21	
22	
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25	
26	
27	
28	
29	
30	
31	

I'M GRATEFUL FOR

BECAUSE

“

**Count your rainbows,
not your thunderstorms.**

Alyssa Knight

GRATITUDE PROMPTS

Find gratitude for:

- People in your life
- Abilities you have
- Challenges you endured
- Changes you've made
- Activities you love
- Hobbies you practice
- Places you visited
- Food on the table
- Waking up every day
- A place to stay
- Water to drink
- Music that gives you goosebumps
- Small happy accidents
- Nature elements
- Mornings you had
- Sunsets you've seen
- Work possibilities
- Feelings you feel
- Relationships you treasure
- Beauty in your life
- Things you own
- Comfort you feel
- Birthdays you had
- Things you've learned
- Your best qualities
- Advice you received
- Your friends
- Books you love
- Things that are working out
- The country you live in
- The times you live in
- Your body
- A person you love the most
- Simple things in your life
- Clothes you have
- Your favorite holidays
- Something someone gave you
- Your heritage
- Your values
- Technology
- Something you wait for
- Your accomplishments
- Fears you overcame
- Risks you've taken
- This week
- Your last vacation
- Kids in your life
- Elder people in your life
- Things you are capable to buy
- Things that make your life easier
- Your favorite memories
- A task you need to do
- A local spot you like
- A moment that inspired you

I'M GRATEFUL FOR THESE

PEOPLE

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

EXPERIENCES

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

MATERIAL THINGS

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

SKILLS

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

PLACES

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

MEMORIES

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

GRATITUDE TRACKER

Fill in the days you've practiced gratitude.

MONTH: _____



THINGS THAT MAKE ME HAPPY



20 REASONS

WHY _____ **IS GREAT**

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 13 _____
- 14 _____
- 15 _____
- 16 _____
- 17 _____
- 18 _____
- 19 _____
- 20 _____

“

**Gratitude opens the door to
the power, the wisdom, the creativity
of the universe.**

Deepak Chopra