



The
Gratitude
Journal



maison 1973

DAILY REVIEW

Date: _____

How I felt 1-10: _____

What did you accomplish today & how did it make you feel?

The best 3 things that happened today

What you enjoyed most about your day

Moments that made you smile

Things that challenged you

How could you do things differently going forward?

WEEKLY REVIEW

Date: _____

Week of: _____

Rate your week

1

2

3

4

5

6

7

8

9

10

The highlight of my week

3 things I am grateful for

What did I accomplish?

- _____
- _____
- _____
- _____

What worked well this week?

- _____
- _____
- _____
- _____

DAILY GRATITUDE

3 things I'm grateful for

1 _____

2 _____

3 _____

Today's date

Quote of the day

“ _____ ”

I'm thankful for...

3 Gratitude affirmations

Gratitude tasks

- Journal _____
- Compliment someone _____
- Meditation _____
- Do something nice for someone _____
- Practice positive talk _____

Reasons to be grateful

- _____
- _____
- _____
- _____
- _____

MONTHLY GRATITUDE

Month:

Things I am grateful for

- _____
- _____
- _____
- _____

People I am grateful for

- _____
- _____
- _____
- _____

3 highlights from this month

Gratitude practices I did this month

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

3 positive thoughts to take with me into next month

JOURNAL PROMPTS



What is your favourite memory?



What are you proud of?



Letter to your future self



What are your goals?



Best thing that happened today?



Best thing you ate today?



Positive affirmations



Where do you see yourself in 5 years?



What did you accomplish today?



Something that made you laugh



3 things you love about yourself



How was your day?



Write your bucket list



A time you felt safe



A challenge you have overcome



Your 3 biggest strengths



3 things you are most grateful for



How would you like to improve tomorrow?



Where do you want to be in 10 years time?



Who do you admire most?



Write about the people you love



Reflection on a book you read



Favourite place you've travelled?



What makes you feel confident?



What does your dream day look like?



Write a thank you note to someone



What are your core values?



Who do you feel connected to?



What would be your dream job?



What inspires you?