



Gratitude Journal

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The act of giving thanks can transform the way you experience obstacles, conflict, and the world around you.

There are many scientifically proven benefits of gratitude:

- Improves your physical health
- Enhances your mental health and clarity
- Reduces your risk of depression
- Improves your self-esteem and confidence
- Boosts your quality of sleep
- Increases your sense of empathy
- Strengthens your relationships
- And much more...

Embracing gratitude is an important *daily* exercise that will help you grow in love, joy, and peace.

The best part?

You can enjoy the lasting benefits of thankfulness in just 3 minutes a day.

As you go through this journal, allow the gratitude prompts to guide your thoughts as you evaluate your day.

There's no need to share your answers with anyone, so I encourage you to keep your responses raw and honest.

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

- Melody Beattie

What do you love most
about your life right now?



*“Gratitude is the fairest
blossom which springs
from the soul.”*

- Henry Ward Beecher

Where is your favorite place to be and what makes it special?

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What are you really
passionate about? Why?



*“The root of joy
is gratefulness.”*

- David Steindl-Rast

What activities make
you happy? Why?



What makes you feel
excited about your future?



What luxury do you feel lucky to have access to?



“Gratitude is a powerful catalyst for happiness.”

It's the spark that lights a fire of joy in your soul.”

- Amy Collette

What was the most enjoyable thing that happened to you today?



What recent event wasn't enjoyable, but you found a silver lining to it?



Who is your best friend?
Why? How do you feel
when you're around them?



“Learn to be thankful for what you already have, while you pursue all that you want.”

– Jim Rohn

Look out your window.
What do you see that you
feel thankful for?

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Who do you feel thankful
for at work? Why?



Make a list of the blessings
in your life that you may
have taken for granted.

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*“My day begins
and ends with
gratitude.”*

- Louise Hay

Think back to an event in your childhood that you can be grateful for today. Were you grateful for the event at the time?



Who was your best
childhood friend? How did
they make your life better?



What is your favorite holiday?
Why? How do you usually
celebrate that holiday?



“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”

- Marcel Proust

Close your eyes. Take a deep breath.
Listen to the sounds around you. What
are you grateful for in this moment?



What has made you
giggle today?

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What are three things you love to do with your friends and family? Why?



*Today, I am
grateful for...*

What do you love most
about the person in your life
that is closest to you?



How does nature make
your life better?



How does your favorite music make you feel?



*True forgiveness is
when you can say,
“Thank you for
that experience.”*

- Oprah Winfrey

What activity do you
find most relaxing?



What do you like most
about your body?



What is your most unique characteristic? How can you show gratitude for your uniqueness?



*“Gratitude is riches.
Complaint is poverty.”*

- Doris Day

What is the funniest thing
that happened to you lately?
How did that make you feel?



What part of your daily routines do you like the most? Why?



What do you enjoy most
about the weekend?



*“Love and gratitude
can part seas, move
mountains, and
create miracles.”*

- Rhonda Byrne

What is the best thing that has happened to you in the last year?
What made it so awesome?



Did you have anything to eat today? How can you show your gratitude for the food you ate?



What teacher or coach are you thankful for? Why?



