DAILY GRATITUDE JOURNAL

INSTRUCTIONS

Welcome and thank you for
downloading this free daily gratitude journal!

If you are new to gratitude practices or if you are already
a pro, this fillable template will help you be more consistent
in your practice and boost all the benefits of gratitude.

Ok cool, but how do I use this?

On every page, you will have three prompts
to fill out, one for each day of the week.
You can then easily duplicate pages to keep doing it.
I recommend you fill them out in the morning
to get into the habit.

On the next page,
I'll give you some ideas for filling each one of them.

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IDEAS

3 THINGS I AM GRATEFUL FOR TODAY

- Having a good night's sleep
- Talking to a friend yesterday
- It's a sunny day
- Meeting my parents today
- Having a great meal last night
- Going for a run in the morning

WHAT I AM GOING TO MAKE TODAY A GREAT DAY

In this section, you can focus either on the top three things you wanna accomplish today that are gonna make you feel good about yourself; or something that you are looking forward to doing. That can be meeting a friend, booking a trip, doing something fun, etc.

DAILY POSITIVE AFFIRMATION

- I am safe and surrounded by love and support.
- I am growing and I am going at my own pace.
- I am proud of how far I've come.
- I am optimistic because today is a new day.

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1. _____
2. _____
3. _____

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