



Gratitude

Journal



Gratitude Journal

Grateful | Thankful | Blessed

Welcome to a More Grateful You!

Welcome to your Gratitude Journal — **a space for reflection, mindfulness, and appreciation.**

In the “hustle and bustle” of everyday life, it’s easy to overlook the small moments that bring you joy, peace, and connection. This journal invites you to pause and focus on what’s going *right* in your life — no matter how big or small. Gratitude isn’t just a feeling; it’s a practice. And like any practice, the more you engage with it, the more it grows.

Whether you're here to start or deepen your gratitude practice, this journal is your personal sanctuary. Use it daily or whenever you need to reconnect with yourself. Be honest, be present, and most of all, be kind to yourself through the process.

Let this be a journey toward clarity, calm, and a deeper appreciation for the beauty in your life — one moment at a time.

Why Gratitude?

Gratitude is more than just saying “thank you.” It’s a way of seeing the world — one that helps shift our focus from what’s missing to what’s meaningful. When you practice gratitude, you train your minds to notice the good: a kind word, a quiet moment, a small success, or even a lesson learned through challenge.

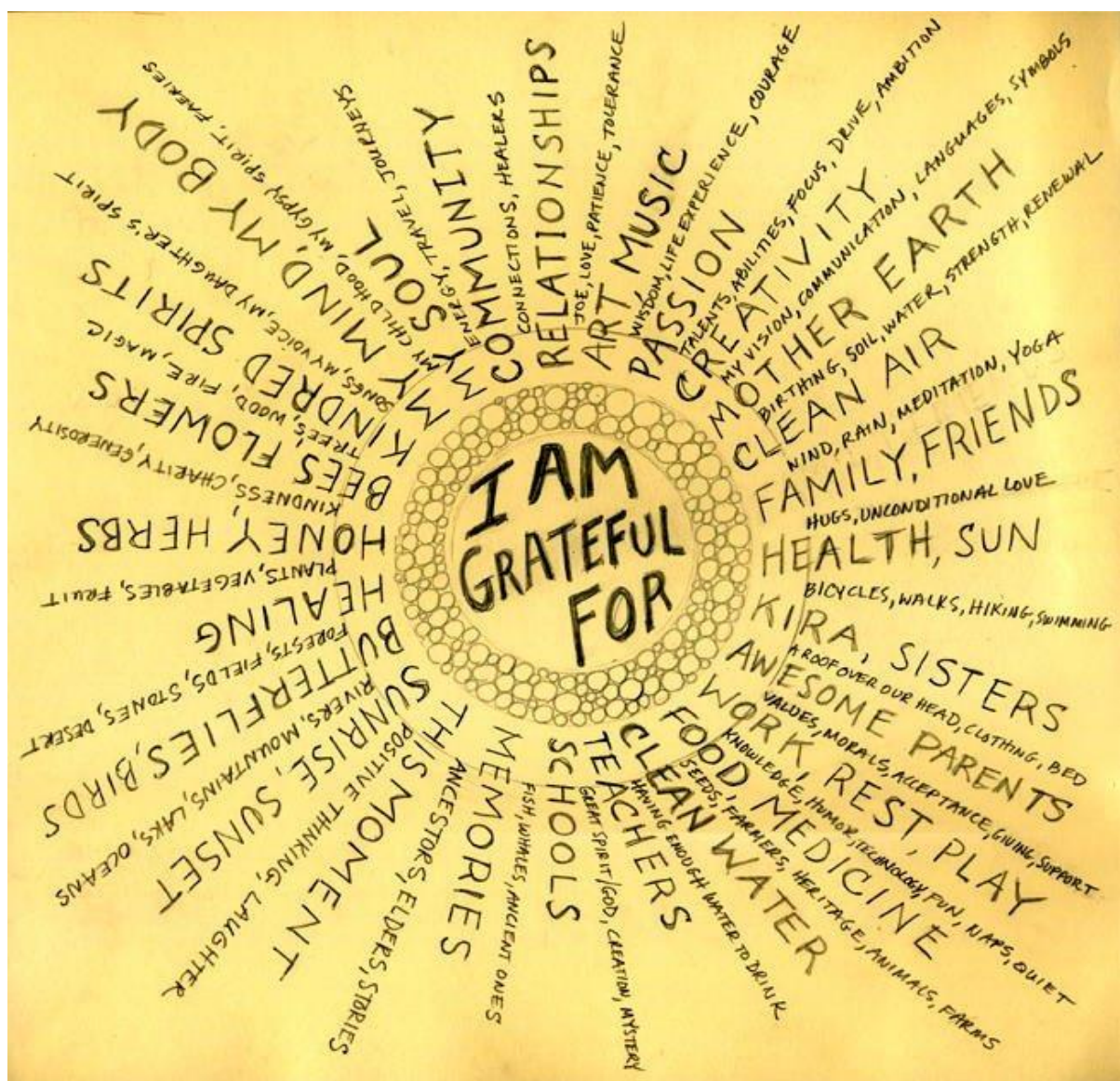
Studies have shown that regularly acknowledging the things you are thankful for can increase happiness, improve mental and physical health, and strengthen relationships. But beyond the science, gratitude reminds you of what truly matters — it grounds you in the present and nurtures a more compassionate and resilient mindset.

How to Use This Journal

1. Set aside 5 minutes in the morning or before bed.
2. Write freely, from your heart.
3. Be specific – small joys matter!
4. Don't worry about repetition – consistency is key.
5. Use weekly prompts for fresh inspiration.

Bonus Tip: Keep your journal in a visible place as a daily reminder.

Gratitude Prompts for You



Day 1

Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

“Gratitude shifts your mindset from the ‘state of lacking’
to the ‘state of abundance.’” ~ **Invajy**

Day 2

Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

“Gratitude is when memory is stored in the heart
and not in the mind.” ~ **Lionel Hampton**

Day 3

Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

“Acknowledge the goodness in your life with a feeling of gratitude.” ~ **Invajy**

Day 4

Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for." ~ **Zig Ziglar**

Day 5



Date: _____

😊 Today, I'm grateful for...

- _____

- _____

- _____

💡 A positive moment I experienced today was...

📺 Something I often take for granted but truly appreciate is...

📄 Mood tracker



(Circle one)

"Don't be quick with attitude, be quick with gratitude. Be grateful and say thanks for efforts and kindnesses of others."

~ Invajy

Day 6



Date: _____

😊 Today, I'm grateful for...

- _____

- _____

- _____

💡 A positive moment I experienced today was...

📺 Something I often take for granted but truly appreciate is...

📄 Mood tracker



(Circle one)

"Gratitude makes sense of our past, brings peace for today,
and creates a vision for tomorrow." ~ **Melody Beattie**

Day 7

Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

“It is not happy people who are grateful; it is grateful people who are happy.” ~ **Invajy**

Day 8

Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

“The roots of all goodness lie in the soil of appreciation for goodness.” ~ **Dalai Lama**

Day 9



Date: _____

😊 Today, I'm grateful for...

- _____

- _____

- _____

💡 A positive moment I experienced today was...

📺 Something I often take for granted but truly appreciate is...

📄 Mood tracker



(Circle one)

“Learning to find happiness with less is true wealth.”
~ Jal Tucher

Day 10

Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.” ~ **William Arthur Ward**

What was something that was hard to do but you are grateful you did?

J O X S R T A N Y B E Z B R M
P Z M I A V P Z H T H B Z I I
W Q O S F D R U E C M L E H N
E D U T I T A R G O N E Y Y D
P S M G F I E J K J K B K J F
S E L F C O M P A S S I O N U
Y N B W C S K E J D E U M A L
B T J R L O S Y Q X R I T T N
Z V I E E I V R I N A V C U E
H L E N C A S U A M C I B R S
E P F R U P T L D O F N R E S
B R E V W M I H C T L L Z J J
G X T V Z N M U E B E E J Q Z
E L M Q G I Q O N X S H L J W
M I N D S E T J C P Y H S B I

Gratitude

Sleep

Journaling

Self-care

Exercise

Nature

Mindfulness

Mindset

Breathe

Self-compassion

Community

Day 11



Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

“Gratitude is not only the greatest of virtues but the parent of all the others.” ~ **Marcus Tullius Cicero**

Day 12



Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

"Gratitude is the most exquisite form of courtesy."
~ Jacques Maritain

Day 13



Date: _____

😊 Today, I'm grateful for...

- _____

- _____

- _____

💡 A positive moment I experienced today was...

📺 Something I often take for granted but truly appreciate is...

📄 Mood tracker



(Circle one)

"If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul." ~ **Rabbi Harold Kushner**

Day 14



Date: _____

😊 Today, I'm grateful for...

- _____

- _____

- _____

💡 A positive moment I experienced today was...

📺 Something I often take for granted but truly appreciate is...

📄 Mood tracker



(Circle one)

“Recognize the things you have in life, no matter how small they are, say thanks for that.” ~ **Invajy**

Day 15



Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

"Gratitude will shift you to a higher frequency, and you will attract much better things." ~ **Rhonda Byrne**

Day 16



Date: _____

😊 Today, I'm grateful for...

- _____

- _____

- _____

💡 A positive moment I experienced today was...

📺 Something I often take for granted but truly appreciate is...

📝 Mood tracker



(Circle one)

“When I started counting my blessings, my whole life turned around.” ~ **Willie Nelson**

Day 17



Date: _____

😊 Today, I'm grateful for...

- _____

- _____

- _____

💡 A positive moment I experienced today was...

📺 Something I often take for granted but truly appreciate is...

📝 Mood tracker



(Circle one)

"If the only prayer you said in your whole life was,
'thank you', that would suffice." ~ **Meister Eckhart**

Day 18



Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

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

Day 19

Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

“Opening your eyes to more of the world around you
can deeply enhance your gratitude practice.”

~ **Derrick Carpenter**

Day 20

Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

“Enjoy the little things, for one day you may look back and realize they were the big things.” ~ **Robert Brault**

Things I appreciate about myself are...

(Circle all that apply and add your own.)

Sense of Humour

Good Listener

Hardworking

Creativity

Passionate

Loyal

Agility

Adaptable

Cautious

Adventurous

Stylish

Patience

Funny

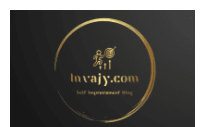
Spontaneous

Optimistic

Integrity

Courage

Open-mindedness



Day 21

Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

“Gratitude is the sign of noble souls.” ~ **Aesop**

Day 22

Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

"The more grateful I am, the more beauty I see."
~ Mary Davis

Day 23



Date: _____

😊 Today, I'm grateful for...

- _____

- _____

- _____

💡 A positive moment I experienced today was...

📺 Something I often take for granted but truly appreciate is...

📝 Mood tracker



(Circle one)

“It is through gratitude for the present moment that the spiritual dimension of life opens up.” ~ **Eckhart Tolle**

Day 24



Date: _____

😊 Today, I'm grateful for...

- _____

- _____

- _____

💡 A positive moment I experienced today was...

📺 Something I often take for granted but truly appreciate is...

📝 Mood tracker



(Circle one)

“Gratitude turns what we have into enough.” ~ **Anonymous**

Day 25

Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

“Who does not thank for little will not thank for much.”
~ Estonian Proverb

Day 26

Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

"Happiness cannot be travelled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude." ~ **Denis Waitley**

Day 27



Date: _____

😊 Today, I'm grateful for...

- _____

- _____

- _____

💡 A positive moment I experienced today was...

📺 Something I often take for granted but truly appreciate is...

📄 Mood tracker



(Circle one)

"Everything we do should be a result of our gratitude
for what God has done for us." ~ **Lauryn Hill**

Day 28

Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

**"Gratitude is riches. Complaint is poverty."
~ Doris Day**

Day 29



Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

“Being grateful does not mean that everything is necessarily good. It just means that you can accept it as a gift.” ~ **Roy T. Bennett**

Day 30



Date: _____

 Today, I'm grateful for...

- _____

- _____

- _____

 A positive moment I experienced today was...

 Something I often take for granted but truly appreciate is...

 Mood tracker



(Circle one)

"This is a wonderful day. I have never seen this one before." ~ **Maya Angelou**

Day 31



Date: _____

😊 Today, I'm grateful for...

- _____

- _____

- _____

💡 A positive moment I experienced today was...

📺 Something I often take for granted but truly appreciate is...

📄 Mood tracker



(Circle one)

"Gratitude is the fairest blossom which springs from the soul." ~ **Henry Ward Beecher**