

5-MINUTE GRATITUDE JOURNAL

Start and end your day with thanks

Date: _____

MORNING: I AM GRATEFUL FOR...

1. _____
2. _____
3. _____

WHAT WOULD MAKE TODAY GREAT?

1. _____
2. _____
3. _____

TODAY'S AFFIRMATION

I am _____

EVENING: 3 GOOD THINGS THAT HAPPENED

1. _____
2. _____
3. _____

HOW COULD TODAY HAVE BEEN EVEN BETTER?

TODAY IN ONE WORD

30 DAYS OF GRATITUDE

One little prompt a day

Check off each day as you write.

1 A person who made you smile this week ☐

2 A simple pleasure you enjoyed today ☐

3 Something in nature you love ☐

4 A happy childhood memory ☐

5 A skill you are thankful to have ☐

6 A place that feels like home ☐

7 A meal you are grateful for ☐

8 Someone who taught you something ☐

9 A song that lifts your mood ☐

10 A challenge that helped you grow ☐

11 Something you love about your home ☐

12 A friend you are thankful for ☐

13 A book or movie that inspired you ☐

14 Something your body did for you today ☐

15 A small win from this week ☐

16 A kind thing a stranger did ☐

17 A tradition you treasure ☐

18 Something that made you laugh ☐

19 Your favorite season and why ☐

20 A lesson you learned the hard way ☐

21 A pet or animal that brings you joy ☐

22 Something you are looking forward to ☐

23 A comfort you often take for granted ☐

24 A compliment you received ☐

25 Your favorite way to relax ☐

26 A family member you appreciate ☐

27 A goal you are proud of reaching ☐

28 Something beautiful you saw today ☐

29 A way you helped someone ☐

30 What you love most about your life ☐