

# MY GRATITUDE JOURNAL



**This Book Belongs To**

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**mindfuleffect.net**

# Daily Gratitude Journal

DATE:

TODAY I'M GRATEFUL FOR

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TODAY I'M GRATEFUL FOR

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<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

TODAY I'M GRATEFUL FOR

--

TODAY I'M GRATEFUL FOR

--

DAILY AFFIRMATIONS

--

THOUGHTS OF THE DAY

--

GETTING BETTER EVERYDAY

MY CHALLENGES

--

LET GO OF

--

TOMORROW I WILL

--

# Daily Gratitude

<b>TODAY I'M GRATEFUL FOR</b>	<b>DATE:</b> _____

<b>TODAY I'M GRATEFUL FOR</b>	<b>DATE:</b> _____

<b>TODAY I'M GRATEFUL FOR</b>	<b>DATE:</b> _____

<b>TODAY I'M GRATEFUL FOR</b>	<b>DATE:</b> _____

<b>TODAY I'M GRATEFUL FOR</b>	<b>DATE:</b> _____

TODAY'S DATE: \_\_\_\_\_

<b>WHEN I'M TIRED, I:</b>

<b>WHEN I'M TIRED, I:</b>

<b>WHEN I'M TIRED, I:</b>

<b>WHEN I'M TIRED, I:</b>

<b>WHEN I'M TIRED, I:</b>

# Weekly Gratitude

<b>MON</b>	Today I Am Grateful For...	<b>WHY</b>
<b>TUE</b>	Today I Am Grateful For...	<b>WHY</b>
<b>WED</b>	Today I Am Grateful For...	<b>WHY</b>
<b>THU</b>	Today I Am Grateful For...	<b>WHY</b>
<b>FRI</b>	Today I Am Grateful For...	<b>WHY</b>
<b>SAT</b>	Today I Am Grateful For...	<b>WHY</b>
<b>SUN</b>	Today I Am Grateful For...	<b>WHY</b>



# Monthly Gratitude-Preview

MONTH: \_\_\_\_\_

**THIS MONTH'S INTENTION IS**

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**HOW DO YOU FEEL NOW?**


**HOW DO YOU WANT TO FEEL?**


**WHERE DO YOU WANT TO FOCUS YOUR ENERGY?**

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**NOTES**

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# Priorities Of My Life

**PRIORITY 1**


**PRIORITY 2**


**PRIORITY 3**


**PRIORITY 4**


**PRIORITY 5**


**PRIORITY 6**








# 30-Days of Gratitude

DAY 1		DAY 16	
DAY 2		DAY 17	
DAY 3		DAY 18	
DAY 4		DAY 19	
DAY 5		DAY 20	
DAY 6		DAY 21	
DAY 7		DAY 22	
DAY 8		DAY 23	
DAY 9		DAY 24	
DAY 10		DAY 25	
DAY 11		DAY 26	
DAY 12		DAY 27	
DAY 13		DAY 28	
DAY 14		DAY 29	
DAY 15		DAY 30	

## NOTES

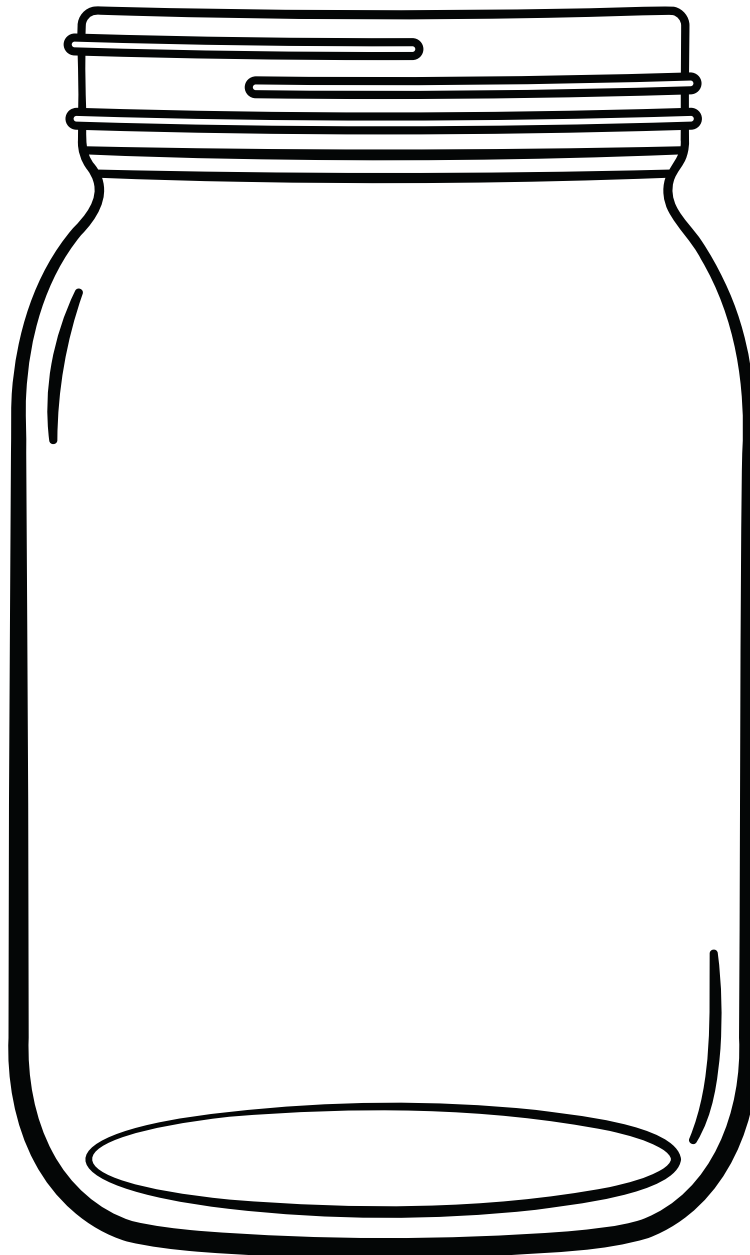
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# My Gratitude Jar

DAY: \_\_\_\_\_

**FILL WITH GRATITUDE**

**IN THE JAR BELOW, PLEASE WRITE DOWN EVERYTHING YOU ARE THANKFUL FOR**



# My Daily Morning & Evening Gratitude Routine

DATE: \_\_\_\_\_

## MORNING ROUTINE

Before you start your day, write a list of 6 things you're grateful for

1	
2	
3	
4	
5	
6	

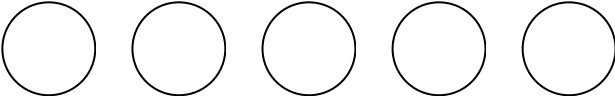
## EVENING ROUTINE

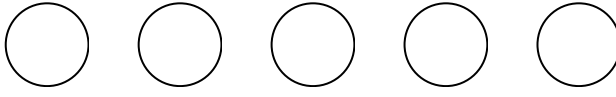
Before you start your day, write a list of 6 things you're grateful for

1	
2	
3	
4	
5	
6	



# 5-Minute Gratitude Journal

<b>HOW I'M FEELING THIS MORNING</b>	<b>DATE:</b>
<b>HOW I'M FEELING THIS MORNING</b>	<b>TODAY I'M GRATEFUL FOR</b>
	
<b>MY MAIN INTENTION FOR THE DAY</b>	
<b>MY AFFIRMATIONS FOR THE DAY</b>	<b>MINI GOALS I WANT TO ACHIEVE TODAY</b>

<b>HOW I'M FEELING THIS MORNING</b>	<b>DATE:</b>
<b>THINGS I NEED TO LET GO OF</b>	<b>MINI ACHIEVEMENTS I'M GRATEFUL FOR</b>
<b>I'M LOOKING FORWARD TO</b>	<b>HOW WAS I GENERALLY FEELING TODAY</b>
	

# Change A Habit In 21 Days

<b>BEGIN ON:</b>	<b>TO:</b>
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<b>MY GOAL IS:</b>
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1.	2.	3.	4.	5.	6.	7.
8.	9.	10.	11.	12.	13.	14.
15.	16.	17.	18.	19.	20.	21.

HOW I DO FEEL

REFLECT ON THE EXPERIENCE

# My Confidence Goals

**WHAT I WANT TO ACHIEVE:**

**BY:**

**CHALLENGES:**

## PERSONAL REFLECTION

## RESULT

## KEY TAKEAWAY

# The 7 Minute Journal

**MONDAY**

**TODAY I AM GRATEFUL FOR.....**

**WHAT I APPRECIATE MOST ABOUT  
THIS MOMENT.....**

**ONE WAY I AM ALREADY LIVING THE LIFE  
I WANT.....**

**SOMEONE WHO MAKES MY LIFE BETTER  
JUST BY BEING IN IT .....**

# The 7 Minute Journal

**TUESDAY**

**TODAY I AM GRATEFUL FOR.....**

**SOMETHING ABOUT ME THAT IS WORTH  
CELEBRATING.....**

**SOMETHING I GET TO DO TODAY THAT I  
HAVE ALWAYS WANTED TO.....**

**SOMEONE WHO GAVE ME HOPE ON A  
BAD DAY .....**

# The 7 Minute Journal

**WEDNESDAY**

**TODAY I AM GRATEFUL FOR.....**

**SOMETHING OR SOMEONE THAT MAKES  
ME SMILE LIKE A KID AGAIN.....**

**ONE OF THE BEST PARTS ABOUT  
BEING ME.....**

**A VALUABLE LESSON I LEARNED FROM  
A DIFFICULT SITUATION .....**

# The 7 Minute Journal

**THURSDAY**

**TODAY I AM GRATEFUL FOR.....**

**ONE WAY MY LIFE IS BETTER NOW THAN  
I EVER EXPECTED IT TO BE.....**

**ONE BEAUTIFUL REASON TO BE HAPPY  
RIGHT NOW.....**

**SO FAR WHAT I LOVE THE MOST  
ABOUT TODAY .....**

# The 7 Minute Journal

**FRIDAY**

**TODAY I AM GRATEFUL FOR.....**

**SOMEONE WHO HELPED ME TO GET TO  
WHERE I AM TODAY....**

**SOMETHING GREAT ABOUT TODAY THAT  
MAKES ME LOOK FORWARD TO .....**

**A CHALLENGING EXPERIENCE THAT HELPED  
ME GROW INTO A BETTER VERSION OF  
MYSELF .....**



# The 7 Minute Journal

**SATURDAY**

**TODAY I AM GRATEFUL FOR.....**

**SOMETHING IN MY LIFE THAT MAKES IT  
WORTH GETTING UP FOR....**

**A NEW DOOR THAT OPENED FOR ME  
RECENTLY .....**

**SOMETHING THAT WORKED OUT MUCH  
BETTER THAN I'D HOPED .....**

# The 7 Minute Journal

**SUNDAY**

**TODAY I AM GRATEFUL FOR.....**

**A PARSON, PLACE OR THING THAT MAKES  
MY LIFE HAPPIER ....**

**A SECOND CHANCE I HAVE BEEN GIVEN .....**

**ONE REASON MY LIFE IS ALREADY GREAT.....**

# Gratitude Blank

**FAMILY**

**FRIENDS**

**LOVE**

**HEALTH**

**WORK & CAREER**

**FINANCE**

**PARSONAL GROWTH**

**FUN & LEISURE**

# Gratitude Letter

**TO:**

**THANK YOU FOR BEING MY:**

**I APPRECIATE YOU BECAUSE:**

**YOU ARE IMPORTANT TO ME BECAUSE:**

**WHEN I THINK OF YOU, I FEEL:**

**FROM:**



# Practicing Gratitude

CHARACTERISTIC OF MY HOME THAT I LOVE

MY FAVORITE ASPECT OF MY PERSONALITY

A BOOK THAT I LOVED READING









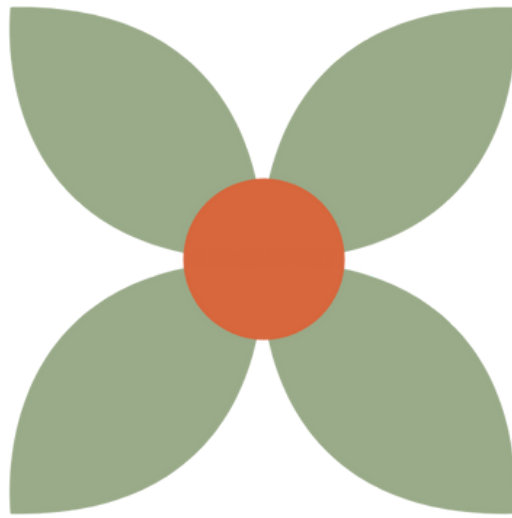








# Notes



## M I N D F U L E F F E C T

For more tips on mindfulness and  
wellbeing, please visit  
[mindfuleffect.net](http://mindfuleffect.net) and explore our  
resources designed to help you  
lead a balanced and fulfilling life.

*"Mindfulness means paying attention in a  
particular way: on purpose, in the present  
moment, and non-judgmentally."*

Dr Jon Kabat-Zinn  
Founder of Mindfulness-Based Stress  
Reduction (MBSR)

M I N D F U L E F F E C T . N E T