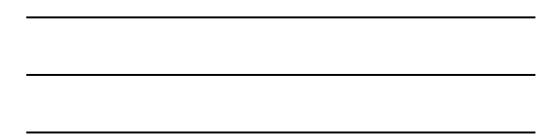
MY GRATITUDE JOURNAL



This Book Belongs To





Daily Gratitude Journal

DATE:

TODAY I'M GRATEFUL FOR			
TODAY I'M GRATEFU	L FOR	TOD	AY I'M GRATEFUL FOR
		TOD	AY I'M GRATEFUL FOR
	DAILY AFFIR	RMATIONS	
	THOUGHTS (F THE DAY	
	GETTING BETT	ER EVERYDAY	
MY CHALLENGES	LET G	O OF	TOMORROW I WILL

Daily Gratitude

TODAY I'M GRATEFUL FOR	DATE:
TODAY I'M GRATEFUL FOR	DATE:
TODAY I'M GRATEFUL FOR	DATE:
TODAY I'M GRATEFUL FOR	DATE:
TODAT TWI GRATEFOL FOR	DATE
TODAY I'M GRATEFUL FOR	DATE:

	TODAY'S DATE:
WHEN I'M TIRED, I:	
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WHEN I'M TIRED, I:	
L	
WHEN I'M TIRED, I:	
WHEN I'M TIRED, I:	
WHEN I'M TIRED, I:	

Weekly Gratitude

7	Today I Am Grateful For	WHY
MOM		
TUE	Today I Am Grateful For	WHY
WED	Today I Am Grateful For	WHY
n	Today I Am Grateful For	WHY
THU		
	Today I Am Grateful For	WHY
표		
	Today I Am Grateful For	WHY
SAT		
_	Today I Am Grateful For	WHY
SUN		

Weekly Review

THIS WEEK WAS	
WHAT I LOVED THE MOST	WHAT I'D LIKE TO CHANGE

Monthly Gratitude-Preview

THIS MONTH'S	
HOW DO YOU FEEL NOW?	HOW DO YOU WANT TO FEEL?
WHERE DO YOU WANT TO	FOCUS YOUR ENERGY?
NOT	 'ES

I'M Grateful

THE BEST FEELING IN MY LIFE IS
SHARE SOME POSITIVE THINGS ABOUT YOU/ YOUR LIFE

Priorities Of My Life

PRIORITY 1
PRIORITY 2
PRIORITY 3
PRIORITY 4
PRIORITY 5
PRIORITY 6
I MOMI I U

Reframing Thoughts

MONTH: ____ SITUATION/ EVENT **SITUATION / EVENT NEGATIVE THOUGHT POSITIVE THOUGHT NEGATIVE THOUGHT POSITIVE THOUGHT**

All About You

I'M SOMEONE WHO LOVES
I'M SOMEONE WHO CAN
I'M SOMEONE WHO HAS

Share More About Yourself

I'M SOMEONE WHO WISHES		
I'M SOMEONE WHO IS THANKFUL FOR		
I'M SOMEONE WHO NEVER FORGET TO		

30-Days of Gratitude

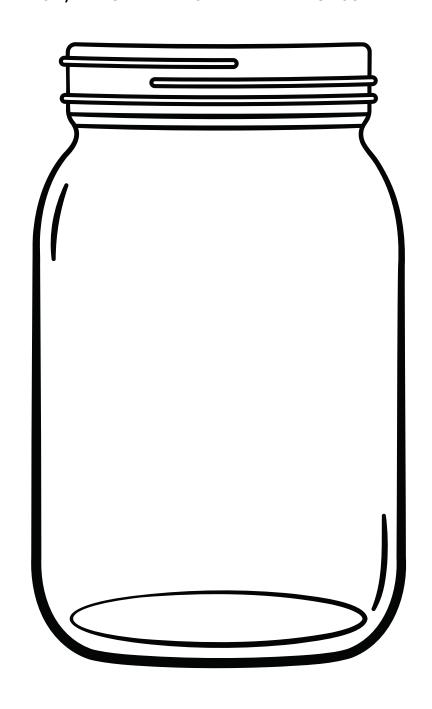
DAY 16 DAY 16	
DAY 2 DAY 17	
DAY 3 DAY 18	
DAY 4 DAY 19	
DAY 5 DAY 20	
DAY 6 DAY 21	
DAY 7 DAY 22	
DAY 8 DAY 23	
DAY 9 DAY 24	
DAY 10 DAY 25	
DAY 11 DAY 26	
DAY 12 DAY 27	
DAY 13 DAY 28	
DAY 14 DAY 29	
DAY 15 DAY 30	
NOTES	
NOTES	

My Gratitude Jar

DAY:	
11V V •	
DAT.	

FILL WITH GRATITUDE

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



My Daily Morning & Evening Gratitude Routine

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

MORNING ROUTINE

DATE:_____

1	
2	
3	
4	
5	
6	
EVENIA	
	ou start your day, write a list of 6 things you're grateful for
Before y	
Before y	
Before y 1 2	
Before y 1 2 3	

5-Minute Gratitude Journal

HOW I'M FEELING THIS MORNING	DATE:
HOW I'M FEELING THIS MORNING	TODAY I'M GRATEFUL FOR
MY MAIN INTENTION FOR THE DAY	
	MINI GOALS I WANT TO ACHIEVE TODAY
MY AFFIRMATIONS FOR THE DAY	
HOW I'M FEELING THIS MORNING	DATE:
HOW I'M FEELING THIS MORNING THINGS I NEED TO LET GO OF	DATE: MINI ACHIEVEMENTS I'M GRATEFUL FOR

Change A Habit In 21 Days

BEGIN ON:			TO:			
MY GOAL IS	S:					
1.	2.	3.	4.	5.	6.	7.
8.	9.	10.	11.	12.	13.	14.
15.	16.	17.	18.	19.	20.	21.
			HOW I DO FEEI	_		
		REFLEC	T ON THE EXP	ERIENCE		

My Confidence Goals

WHAT I WANT TO ACHIEVE:
BY:
CHALLANGES:
PERSONAL REFLECTION
RESULT
ΜΕΝ ΤΑΜΕΑΝΙΑΝ
KEY TAKEAWAY

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

TUESDAY

SOMETHING ABOUT ME THAT IS WORTH

TODAY I AM GRATEFUL FOR.....

	CELEBRATING
SOMETHING I GET TO DO TODAY THAT I HAVE ALWAYS WANTED TO	SOMEONE WHO GAVE ME HOPE ON A BAD DAY

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

THURSDAY

TODAY TAM GRATEFUL FOR	I EVER EXPECTED IT TO BE
ONE BEAUTIFUL REASON TO BE HAPPY RIGHT NOW	SO FAR WHAT I LOVE THE MOST ABOUT TODAY

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

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

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
WORK & CAREER PARSONAL GROWTH	FUN & LEISURE

Gratitude Letter

то:
THANK YOU FOR BEING MY:
I APPRECIATE YOU BECAUSE:
YOU ARE IMPORTANT TO ME BECAUSE:
WHEN I THINK OF YOU, I FEEL:
FROM:

THE TASK I ENJOY DOING THE MOST AT WORK
WHAT WOULD I TELL MY FUTURE SELF
WHAT AM I AFRAID TO DO

CHARACTERISTIC OF MY HOME THAT I LOVE
MY FAVORITE ASPECT OF MY PERSONALITY
A BOOK THAT I LOVED READING

IF I COULD DO ANYTHING, WHAT WOULD IT BE
WHO OR WHAT INSPIRES ME THE MOST
WHAT DRAINS MY ENERGY

THE OUTFIT I FEEL THE MOST CONFIDENT IN
WHAT WOULD MY PERFECT DAY LOOK LIKE
WHAT DO I NEED LESS OF

WHERE DO I WANT TO BE IN THE NEXT 5 YEARS
WHAT STEPS DO I NEED TO TAKE TO MAKE THIS HAPPEN
WHAT SELF-CARE HABITS WILL SUPPORT ME

A SONG OR POEM THAT MAKES ME FEEL GOOD
A MEMORY THAT MAKES ME SMILE
MY FAVOURITE FOOD OR MEAL

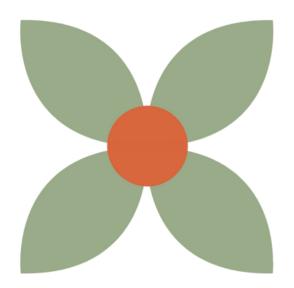
A FUTURE EVENT THAT I AM EXCITED ABOUT
AN ACCOMPLISHMENT I AM PROUD OF
7.11 / 10 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1
MY FAVOURITE TIME OF THE DAY

A PERSON I'M GLAD TO HAVE IN MY LIFE
A PLACE WHERE I FEEL SAFE
A LIFE LESSON I HAVE LEARNED

Notes

Notes

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MINDFUL EFFECT

For more tips on mindfulness and wellbeing, please visit 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)