



DAILY
GRATITUDE
Mini Journal



Morning Gratitude

date:

Today, I feel grateful about:

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Today, I look forward to:

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Things I will keep in mind today:

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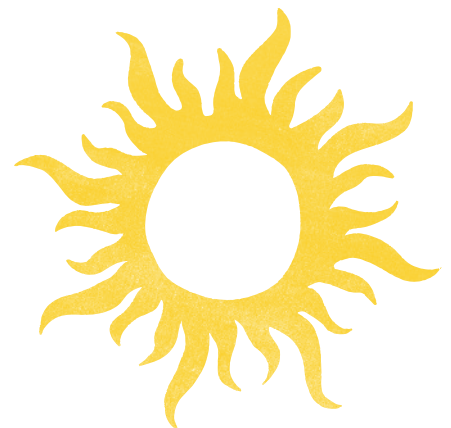
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Something I will do for another:

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Evening Gratitude

date:

This evening, I feel grateful about:

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-

The best part of today was:

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A thanks to someone who made me day better:

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Something that surprised me today:

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.....



date:

What talent or skill are you grateful you have and how does it make your life and other people's lives better? How can you share that talent to bring even more goodness to the world?

Blank lined paper with three yellow stars in the bottom right corner.

date:

What are some negative thoughts that keep you from living a grateful abundant life? What are some steps you can take to switch your thinking?



date:

Who are the people that you are really grateful for in your life?

Why are they so special and how can you

make them feel more special?



date:

What is special in this very moment? What are you happy and content to be exactly where you are right now?

