

Gratitude Journal

Date:

S M T W T H F S



WHAT IS ONE GOOD THING THAT HAPPENED TODAY?

TODAY'S DOODLE

WHO IN MY LIFE AM I GRATEFUL FOR RIGHT NOW—
AND WHAT MAKES THEM SPECIAL?

HOW DOES MY SPACE SUPPORT MY WELLBEING?
HOW CAN I IMPROVE MY SPACE TO FURTHER SUPPORT MY WELLBEING?

WHAT THREE WORDS DESCRIBE WHAT I'M GRATEFUL FOR THIS SEASON OF LIFE?

REMINDERS / NOTES:

