

GRATITUDE JOURNAL

MORNING GRATITUDES
BEFORE YOU START YOUR DAY LIST
5 THINGS YOU ARE GRATEFUL FOR:

- _____
- _____
- _____
- _____
- _____

LOOKING FORWARD TO
LIST 5 THINGS YOU ARE LOOKING
FORWARD TO:

- _____
- _____
- _____
- _____
- _____

PEOPLE I AM GRATEFUL FOR
LIST 5 PEOPLE YOU ARE GRATEFUL
FOR TODAY:

- _____
- _____
- _____
- _____
- _____

EVENING GRATITUDES
AT THE END OF YOUR DAY LIST
5 THINGS YOU ARE GRATEFUL FOR:

- _____
- _____
- _____
- _____
- _____