

# *Gratitude Journal*

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# Gratitude Journal

**T**he act of giving thanks can transform the way you experience obstacles, conflict, and the world around you.

There are many scientifically proven benefits of gratitude:

- Improves your physical health
- Enhances your mental health and clarity
- Reduces your risk of depression
- Improves your self-esteem and confidence
- Boosts your quality of sleep
- Increases your sense of empathy
- Strengthens your relationships
- And much more...

Embracing gratitude is an important *daily* exercise that will help you grow in love, joy, and peace.

*The best part?*

**You can enjoy the lasting benefits of thankfulness in just 3 minutes a day.**


As you go through this journal, allow the gratitude prompts to guide your thoughts as you evaluate your day.

There's no need to share your answers with anyone, so I encourage you to keep your responses raw and honest.

*“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”*

*- Melody Beattie*

What do you love most  
about your life right now?



*“Gratitude is the fairest  
blossom which springs  
from the soul.”*

*- Henry Ward Beecher*

Where is your favorite place to be and what makes it special?



What are you really  
passionate about? Why?





*“The root of joy  
is gratefulness.”*

*- David Steindl-Rast*

What activities make you happy? Why?



What makes you feel  
excited about your future?



What luxury do you feel lucky to have access to?



*“Gratitude is a powerful catalyst for happiness.”*

*It's the spark that lights a fire of joy in your soul.”*

*- Amy Collette*

What was the most enjoyable thing that happened to you today?



What recent event wasn't enjoyable, but you found a silver lining to it?



Who is your best friend?  
Why? How do you feel  
when you're around them?





*“Learn to be thankful for what you already have, while you pursue all that you want.”*

*– Jim Rohn*

Look out your window.  
What do you see that you  
feel thankful for?



Who do you feel thankful  
for at work? Why?




Make a list of the blessings  
in your life that you may  
have taken for granted.



*“My day begins  
and ends with  
gratitude.”*

*- Louise Hay*

Think back to an event in your childhood that you can be grateful for today. Were you grateful for the event at the time?



Who was your best childhood friend? How did they make your life better?



What is your favorite holiday?  
Why? How do you usually  
celebrate that holiday?





*“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”*

*- Marcel Proust*

Close your eyes. Take a deep breath.  
Listen to the sounds around you. What  
are you grateful for in this moment?



What has made you  
giggle today?



What are three things you love to do with your friends and family? Why?



*Today, I am  
grateful for...*

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What do you love most  
about the person in your life  
that is closest to you?



How does nature make  
your life better?



How does your favorite music make you feel?





*True forgiveness is  
when you can say,  
“Thank you for  
that experience.”*

*- Oprah Winfrey*


What activity do you  
find most relaxing?



What do you like most  
about your body?



What is your most unique characteristic? How can you show gratitude for your uniqueness?



*“Gratitude is riches.  
Complaint is poverty.”*

*- Doris Day*

What is the funniest thing  
that happened to you lately?  
How did that make you feel?



What part of your daily routines do you like the most? Why?



What do you enjoy most  
about the weekend?






*“Love and gratitude  
can part seas, move  
mountains, and  
create miracles.”*

*- Rhonda Byrne*

What is the best thing that has happened to you in the last year?  
What made it so awesome?



Did you have anything to eat today? How can you show your gratitude for the food you ate?



What teacher or coach are you thankful for? Why?



