

Daily Gratitude Journal

A simple daily practice to notice the good, one day at a time. Fill this in each morning or before bed.

Date _____

Day _____

Today, I'm grateful for...

Big or small — anything counts.

1

2

3

One good thing that happened today

A moment I want to remember

Who or what made today a little easier?

How do I feel right now?

Great

Good

Okay

Low

Struggling

"Gratitude turns what we have into enough."