



My Daily Gratitude Journal

Date:

_____ (e.g., January 1, 2023)

1. Three Things I'm Grateful For Today

1. _____
2. _____
3. _____

(Example: A sunny morning, a kind gesture from a friend, a delicious breakfast.)

2. One Person I Appreciate Today

Name: _____

Why I Appreciate Them: _____

(Example: My colleague for helping me with a task.)

3. A Positive Moment or Achievement Today

(Example: I finished a challenging project at work.)

4. Gratitude Affirmation of the Day

Write an affirmation that inspires gratitude.

Example: "I am grateful for the abundance of love, opportunities, and joy in my life."

5. Reflect on the Day

How has practicing gratitude made you feel today?

(Example: Practicing gratitude helped me stay positive and calm.)

Optional Sections (Add if Desired):

6. Gratitude Quote of the Day:

Write or paste a quote that resonates with you.

7. Future Gratitude:

Write down something you're looking forward to with gratitude.

“Gratitude turns what we have into enough. Keep practicing!”

This simple yet effective template can be printed or adapted for digital use, making it easy to incorporate gratitude into daily life.