

Simple Gratitude Journal

A Daily Practice for Gratitude, Reflection & Positive Living

Taking a few moments each day to focus on gratitude can help shift your perspective, increase positivity, and remind you of the blessings already present in your life. Use these prompts daily or whenever you feel called to reconnect with gratitude.

Day 1

Today I am grateful for:

Something that brought me joy today:

A challenge that taught me something valuable:

One thing I appreciate about myself:

One intention I have for tomorrow:

Day 2

Today I am grateful for:

Something that brought me joy today:

A challenge that taught me something valuable:

One thing I appreciate about myself:

One intention I have for tomorrow:

Day 3

Today I am grateful for:

Something that brought me joy today:

A challenge that taught me something valuable:

One thing I appreciate about myself:

One intention I have for tomorrow:

Day 4

Today I am grateful for:

Something that brought me joy today:

A challenge that taught me something valuable:

One thing I appreciate about myself:

One intention I have for tomorrow:

Day 5

Today I am grateful for:

Something that brought me joy today:

A challenge that taught me something valuable:

One thing I appreciate about myself:

One intention I have for tomorrow:

Day 6

Today I am grateful for:

Something that brought me joy today:

A challenge that taught me something valuable:

One thing I appreciate about myself:

One intention I have for tomorrow:

Day 7

Today I am grateful for:

Something that brought me joy today:

A challenge that taught me something valuable:

One thing I appreciate about myself:

One intention I have for tomorrow:
