

# GRATITUDE JOURNAL



DATE

TAKE A MOMENT EACH DAY TO REFLECT  
ON THE THINGS YOU'RE GRATEFUL FOR

TODAY I'M GRATEFUL FOR

1

2

3

*Daily Affirmations*

SOMETHING THAT  
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE

*My Self-Care Goals:*

NOTES & FREE THOUGHTS