

# Gratitude Journal

## Worksheet



### Daily Positive Affirmation:

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### Three People I Am Grateful For:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Three Things I Am Grateful For:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Today I Look Forward to:

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### Evening Gratitude Checklist

- Send a hand-written gratitude card to someone you appreciate
- Have a mindful moment of gratitude
- Send a thankful text message to someone you admire and appreciate
- Take a walk in nature and appreciate the beauty around you
- Leave a positive review for a small business
- Leave a generous tip
- Give a deserving shoutout to a co-worker

### Today's Goals Include:

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