



*My  
Gratitude  
Journal*

WHAT ARE THE THINGS I AM  
GRATEFUL FOR IN MY LIFE?

Take one minute in the morning to get a good start to your day by finding three small or big things you are grateful for in your life.



A series of horizontal dotted lines providing space for writing.

Start each day with a grateful heart.

10 things I'm grateful for today



A series of 20 horizontal dotted lines spaced evenly down the page, intended for writing the 10 things the user is grateful for.

Start each day with a grateful heart.

Five people who made me smile today  
(friends, family or even strangers)



A series of horizontal dotted lines providing space for writing.

Start each day with a grateful heart.

The best part of today was...



A series of 20 horizontal dotted lines for writing.

Start each day with a grateful heart.

# What I love about my home



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*Start each day with a grateful heart.*

*These are my favorite foods because...*



A series of horizontal dotted lines for writing, consisting of 20 lines.

*Start each day with a grateful heart.*

*I'm grateful for my friends because...*



A series of horizontal dotted lines for writing, spanning the width of the page.

*Start each day with a grateful heart.*



*"Appreciation can change a day, even change a life.  
Your willingness to put it into words is all that is necessary."  
Margaret Cousins*



A series of horizontal dotted lines for writing, spanning the width of the page.

*Start each day with a grateful heart.*

*“Every cloud has a silver lining.”  
One silver lining today was...*



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*Start each day with a grateful heart.*



*What I love about my face*



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*Start each day with a grateful heart.*

*I am healthy because...*



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.....

*Start each day with a grateful heart.*



*A person I'm grateful for*



A series of horizontal dotted lines for writing, consisting of 20 lines spaced evenly down the page.

*Start each day with a grateful heart.*

*What I love about my job*



A series of 20 horizontal dotted lines for writing.

*Start each day with a grateful heart.*



*I overcame this challenge today...*



A series of 20 horizontal dotted lines for writing.

*Start each day with a grateful heart.*

*I'm grateful for my car (or other transportation) because...*



A series of horizontal dotted lines for writing.

*Start each day with a grateful heart.*

I appreciate my dentist (doctor, teacher, or other service provider)  
because...



A series of horizontal dotted lines providing space for writing a response to the prompt above.

Start each day with a grateful heart.

Why my favorite holiday is



A series of 20 horizontal dotted lines for writing.

Start each day with a grateful heart.

I'm grateful for this element of nature because



A series of horizontal dotted lines providing space for writing a response to the prompt above.

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Start each day with a grateful heart.

I'm grateful for the smell of...



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Start each day with a grateful heart.

*“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”*

*Ralph Waldo Emerson*



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*Start each day with a grateful heart.*

*I'm grateful for computer technology because*



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*Start each day with a grateful heart.*



When you find yourself in a bad situation ask: What can I learn? When I look back on this, without emotion, what will I be grateful for?



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Start each day with a grateful heart.

The texture I'm most grateful for is...



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Start each day with a grateful heart.

# 10 things that always make me smile



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Start each day with a grateful heart.

I love that I'm able to...



A series of horizontal dotted lines for writing.

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Start each day with a grateful heart.

*I'm grateful for this season because...*



A series of horizontal dotted lines for writing, consisting of 20 lines.

*Start each day with a grateful heart.*

*My mind is a powerful thing. One element of it I'm grateful for is ...*



A series of 20 horizontal dotted lines provided for writing a response to the prompt above.

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*Start each day with a grateful heart.*

Values I hold most dear and am grateful I have



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Start each day with a grateful heart.

## Ways I share my gratitude



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Start each day with a grateful heart.



I'm grateful for these skills and abilities...



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Start each day with a grateful heart.

What bit of advice are you most grateful for?



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Start each day with a grateful heart.

*What daily routine are you most grateful for?*



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*Start each day with a grateful heart.*

*“Acknowledging the good that you already have in  
your life is the foundation for all abundance.”  
Eckhart Tolle*



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*Start each day with a grateful heart.*

What scent are you grateful for today?



A series of horizontal dotted lines providing space for writing an answer to the question above.

Start each day with a grateful heart.

Who in your childhood are you grateful for?



A series of horizontal dotted lines providing space for writing answers to the question above.

Start each day with a grateful heart.

Promise to not complain, criticize, or gossip today. Become aware of how your energy changes when you focus on the positive.



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Start each day with a grateful heart.

What song are you most grateful for today and why?



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Start each day with a grateful heart.



What daily chore/task are you grateful for?



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Start each day with a grateful heart.

What tradition(s) are you grateful for?



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Start each day with a grateful heart.

What challenge or obstacle are you most grateful for?



A series of horizontal dotted lines providing space for writing an answer to the question above.

Start each day with a grateful heart.

*“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.”*  
Melody Beattie



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*Start each day with a grateful heart.*

What small thing that you use daily are you grateful for?



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What small thing that happened today are you grateful for?



A series of horizontal dotted lines providing space for writing an answer to the question above.

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*“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.”*  
Brian Tracy



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Start each day with a grateful heart.

What talent do you have that you are grateful for?



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What are three things I can be grateful for about myself?



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Start each day with a grateful heart.

What is one thing I may usually for granted that I can be grateful for?



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Start each day with a grateful heart.

What is one mistake you've made that you're grateful for?



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What animal or pet are you grateful for?



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What is something about your parents that you are grateful for?



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What is something about your spouse that you're grateful for?



A series of horizontal dotted lines providing space for writing an answer to the question above.

Start each day with a grateful heart.

*A quote that I'm grateful for is...*



A series of horizontal dotted lines for writing, consisting of 20 lines.

*Start each day with a grateful heart.*

*A vacation spot that I'm grateful for is...*



A series of horizontal dotted lines for writing, spanning the width of the page.

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*Start each day with a grateful heart.*



Someone at my job that I appreciate today is...



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Start each day with a grateful heart.



"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

William Arthur Ward



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Start each day with a grateful heart.

Today I will live in the moment.



A series of horizontal dotted lines for writing, consisting of 20 lines spaced evenly down the page.

Start each day with a grateful heart.

*A joke or funny story that I'm grateful for is....*



A series of horizontal dotted lines providing space for writing a joke or funny story.

*Start each day with a grateful heart.*

*A photograph that I'm most grateful for is...*



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## Three things I've learned so far from journaling



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Start each day with a grateful heart.





*A kind action that I'm grateful for today is...*



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*Start each day with a grateful heart.*

Something from the past that I'm grateful for is...



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Start each day with a grateful heart.

*I'm looking forward to the future because...*



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*Start each day with a grateful heart.*

The convenience I'm most grateful for is...



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The thing (person, situation, or event) that made me stronger is...



A series of horizontal dotted lines for writing, consisting of 20 lines.

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*A gift that I'm most grateful for is...*



A series of horizontal dotted lines for writing, consisting of 20 lines.

*Start each day with a grateful heart.*

The moment I'm most grateful for today is...



A series of horizontal dotted lines providing space for writing the answer to the prompt above.

Start each day with a grateful heart.

Don't just keep your gratitude on the inside. Express it. Tell people what you're grateful for. Continue to keep a gratitude journal. Share your thoughts and stay positive.



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Start each day with a grateful heart.



*"Feeling gratitude and not expressing it is like  
wrapping a present and not giving it."  
William Arthur Ward*



A series of horizontal dotted lines for writing.

*Start each day with a grateful heart.*

I am grateful for these things in my surroundings

(home/neighborhood/city/etc.)



A series of horizontal dotted lines for writing, consisting of 20 lines spaced evenly down the page.

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*An experience I am grateful for*



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What am I able to offer others that I am grateful for?



A series of horizontal dotted lines for writing, consisting of 20 lines.

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Things others in my life have done that I am thankful for



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Start each day with a grateful heart.

What I see right now that I can be grateful for



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Start each day with a grateful heart.

Who am I grateful to for teaching me something lately?



A series of horizontal dotted lines providing space for writing an answer to the question above.



Start each day with a grateful heart.

What can I enjoy right now that I can be grateful for?



A series of horizontal dotted lines for writing, consisting of 20 lines spaced evenly down the page.

Start each day with a grateful heart.