

Gratitude Journal

Date: _____

Today I am filled with gratitude because:

1. _____

2. _____

3. _____

4. _____

5. _____

Today I appreciate and affirm the loving actions of others including:

1. _____

2. _____

3. _____

4. _____

5. _____

Today I acknowledge my positive actions toward myself and others including:

1. _____

2. _____

3. _____

4. _____

5. _____
