

Gratitude Journal

Date :



3 Little things to be grateful for

-
-
-

Say something nice about yourself

Daily affirmation

What would make today great?

Happy memories

Lessons I learned today

People I am grateful for

My Mantra

Happiness level



Notes

Daily Planner

m t w t f s s

Date:

[Redacted date field]

6:00 am _____
7:00 am _____
8:00 am _____
9:00 am _____
10:00 am _____
11:00 am _____
12:00 pm _____
1:00 pm _____
2:00 pm _____
3:00 pm _____
4:00 pm _____
5:00 pm _____
6:00 pm _____
7:00 pm _____
8:00 pm _____
9:00 pm _____

Today I'm Grateful For:

To Do List:

Notes:

[Redacted notes field]

Gratitude Journal

Month:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Weekly planner

MONDAY

TUESDAY

THIS WEEK'S GOALS:

1.

2.

3.

WEDNESDAY

THURSDAY

FRIDAY



Grateful for

SATURDAY

SUNDAY

WEEKLY PLANNER

WEEK OF _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GOALS

GRATITUDE

NOTES

This week, I'm grateful for...

MONDAY

Blank space for Monday's gratitude notes.

TUESDAY

Blank space for Tuesday's gratitude notes.

WEDNESDAY

Blank space for Wednesday's gratitude notes.

THURSDAY

Blank space for Thursday's gratitude notes.

FRIDAY

Blank space for Friday's gratitude notes.

SATURDAY

Blank space for Saturday's gratitude notes.

SUNDAY

Blank space for Sunday's gratitude notes.

NOTES

Blank space for general notes.

