

Daily Gratitude Journal

A gratitude journal is like your personal highlight reel, where you focus on the good stuff that happens each day. It's not just about big wins, but also the small, often overlooked joys. Let's break it down:

Date:

☐

MON

☐

TUE

☐

WED

☐

THU

☐

FRI

☐

SAT

☐

SUN

Three things I'm grateful for today:

1. _____
2. _____
3. _____

Daily Wins (tasks completed, positive feedback, or little achievements):

Challenges Overcome:

Inspiring Moments:

Acts of Kindness:

Meaningful Conversations: