

What is the Point of a Gratitude Journal?

Gratitude journaling is the habit of recording and reflecting typically between three to five things, that you are grateful for on a regular basis.

In essence, you are rewiring your brain to focus more on the positive aspects of your life and build up resilience against negative situations.

A few words or bullet points for each gratitude is all that's needed. You can print as many copies of page two as you want. One page covers two days.



Gratitude JOURNAL



Gratitude Journal

Date _____

Things I enjoyed today or good things that happened 😊

Things I am grateful for today 😌

Random acts of kindness that I experienced or that I gave 😊💖

Things I did well today 😊

Gratitude Journal

Date _____

Things I enjoyed today or good things that happened 😊

Things I am grateful for today 😌

Random acts of kindness that I experienced or that I gave 😊💖

Things I did well today 😊
