



Gratitude Journal *workbook*

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Morning Gratitude.

Date:

By focusing on what's good in your life and how you can improve on things that you're not happy with, you'll get more clarity in your life and will train yourself to notice positive things in your life.

Three things I am grateful for:

What I'm looking forward to:

Daily affirmations:

What would make my day awesome:

Daily Positivity

Date:

I am grateful for...

(three or more reasons to be grateful for - be specific on WHY you're grateful)

Daily affirmations...

(three or more positive statements about yourself or your goals)

Daily intentions...

(three or more positive goals/things you want in your life and are working towards)

Daily reflections...

(what can you do to make tomorrow even better)

Evening Gratitude.

Date:

Three awesome things that happened today:

People I'm grateful for:

Things I'm grateful for:

Things I can do to make tomorrow even better:

One Page Journal.

Date:

Morning:

I am grateful for:

I'm looking forward to:

Daily Affirmations:

Evening:

Good things that happened today:

Things I can do to make tomorrow even better:

Weekly Gratitude.

Date:

I am grateful for...

Why?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Weekly Gratitude.

Date:

	I am grateful for...	Why?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Daily Gratitude.

Date:

Three simple things I'm grateful today:

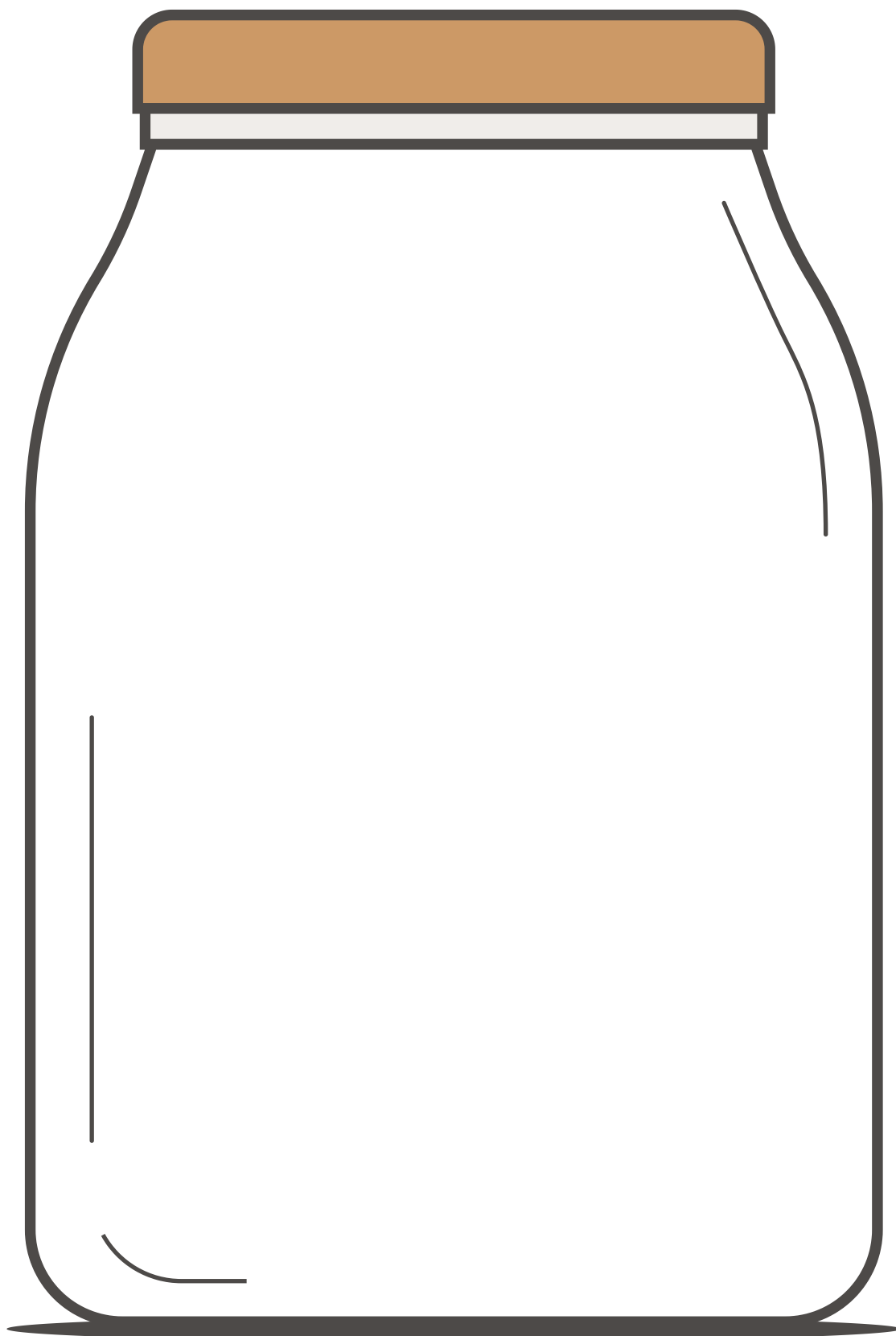
People I'm grateful for today:

The best part about my day is:

Gratitude Jar.

Date:

Take some time to reflect on the people, experiences, and things you have in your life that you're really grateful for, and put them in this gratitude jar! The goal is to fill up the jar up to the lid, so you can come back and reflect on things you've written down when you're feeling a bit blue.



Gratitude Worksheet.

Date:

List ten things you have a reason to be thankful for:

Even if they're really small things like warm sunrays on your face

How are my challenges making me learn:

For example if you have a conflict with someone, you may be learning how to handle yourself gracefully in difficult situations

The people in my life I'm really thankful for:

Things I'm looking forward to:

What are some great things and opportunities you're looking forward to. How can you have more such things?

Gratitude Worksheet.

Date: _____

Today I'm grateful for:

People I'm grateful for:

Something awesome that happened:

My best memories:

Best parts of my day:

Things that made me smile:

The Small Things.

Date:

“Sometimes the smallest things take up the most room in our hearts”

Winnie The Pooh

I am grateful for things I can hear...

I am grateful for things I can taste...

I am grateful for things I can touch/feel...

I am grateful for things I can smell...

I am grateful for being able to...

I am grateful for these little things in my life...

Daily Journal.

Date:

This morning I'm feeling like ...



Like hit by a truck

Awesomesauce!

Tonight I'm feeling like ...



Like hit by a truck

Awesomesauce!

This morning I am grateful for...

Good things that happened today...

Today will be great because...

I'm looking forward to...

Today's affirmation, I am...

What could I have done to
make today even better

Daily Journal.

Date:

This morning I'm feeling like ...

I'm feeling this way because...

10 Things I am grateful for...

-
-
-
-
-
-
-
-
-
-

and why...

-
-
-
-
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-
-
-
-
-

Today's affirmation, I am...

I'm looking forward to...

Experiences & People.

Date:

Experiences I have had in my life that I'm grateful for...

+ what have I learned from these experiences

People I'm grateful for in my life...

+ why these people are important to you

My Affirmations.

Date:

Sometimes you just get stuck in a loop of negativity. Positive affirmations are a great tool to break that vicious cycle. You can think of affirmations as a brickwork that you can lay for more productive and positive outcomes in all you do.

- I am blessed with many talents and abilities.
- I am loved unconditionally.
- I am a source of inspiration and motivation for others.
- I am in control of my thoughts and feelings.
- I am always improving and evolving.
- I am surrounded by positivity and optimism.
- I am capable of overcoming challenges and obstacles.
- I am deserving of success and happiness.
- I am surrounded by beauty and abundance.
- I am kind and compassionate to myself and others.
- I am responsible for creating my own happiness.
- I am grateful for the present moment.
- I am filled with joy and positivity.
- I am deserving of love and happiness.
- I am capable of achieving my goals.
- I am grateful for all the good in my life.
- I am proud of myself and my accomplishments.
- I am strong and resilient.
- I am surrounded by love and support.
- I am worthy of success and abundance.
- I am confident and capable.
- I am learning and growing every day.
- I am at peace with myself and my past.
- I am open to new experiences and opportunities.
- I am worthy of respect and kindness.

My most important affirmations:

Affirmations.

Date:

In this part, you'll write down positive affirmations that will have a positive impact on the aspects of your life you're trying to improve. A few important points: First, always write your affirmations in the present tense using the "I" pronoun. Second, use affirmative & positive words (avoid can't, won't, will not, etc). For example "I'm full on energy and always take action", instead of "I'm not lazy". Third, it's important to build a habit of using these affirmations when you're doing the opposite of what you know you should be doing.

Relationships

ex. "I'm loving and giving in my relationships". "I'm in control of the people I let in my life"

Finance

ex. "I'm capable of creating my dream financial life through hard work and dedication"

Career

ex. "I'm always striving to develop myself professionally"

Health/Fitness

ex. "I'm in control of my physical fitness"

Love

ex. "I have people who love me"

Self Reflection Prompts.

Below you'll find some prompts to journal on learning something about yourself - what you've learned so far and where you are heading. Choose any topic and sit down to write about it (you can do full sentences or just bullet points) for at least 30 minutes. Use an extra sheet of paper for this!

01. Three good habits I want to develop in myself this year and why
02. What do the most successful people I know do differently compared to me?
03. In my dream life, what am I doing daily? How do I feel in my dream- happy, joyful, free, abundant?
04. What are some things I would teach my 10 years younger self?
05. What advice would 10 years older you give you today?
06. If you had 6 months to live, what would you do?
07. What do you think is holding you back? How would you help a friend overcome these obstacles?
08. If money was no obstacle, what would you be doing?
09. How would your best friends describe you? What are some positive things they would probably point out? What can you learn from this?
10. What are you most grateful for in life? Why?
11. Who are you most grateful for in life? Why?
12. What are the things you have the most fun doing?
13. What are some limiting beliefs that are holding you back? How can you reframe them for a positive change?
14. How have you changed/grown over the past 5 years?
15. What are your most precious memories? How can you make more such memories?
16. What are your strongest qualities?
17. What things are making my life more complex than it needs to be? How can I make it more simple?
18. What has been going really well in my life lately?
19. What are you excited about and looking forward to in the future?
20. What are the most life-altering events in your life?
What can you learn from them?
21. How are you showing kindness towards yourself and how others?
22. What did you use to do for fun as a child?
23. What do I love most about myself?
24. What I would like to be remembered for?
25. Who are the most inspirational people I know? How can I do what they're doing?

Weekly Reflections.

Date:

Three good things that happened this week...

Things & people I'm grateful for this week...

People I'm grateful for:

To make next week even better I can...

Monthly Reflections.

Month:

Best things that happened this month...

Who were the best people of the month (why?)...

What can I do to make next month even better...

Yearly Reflections.

Year:

The best things that happened this year...

The best people of the year(why?)...

What I learned this year...

I'm most grateful for...

What I am doing to make next year even better...

Acts of Kindness.

Acts of kindness I have received...

Acts of kindness I have witnessed..

Acts of kindness I have done...

Relationships.

Date:

People I am grateful for in my life...

Why I am grateful to have them...

People I admire..

Why I admire them..

People I can always rely on..

People I can support more...

