

Daily Gratitude Log

Month: _____



Week 1: ___/___/___ to ___/___/___

Monday

1. _____
2. _____
3. _____

🌸 Reflection: _____

Tuesday

1. _____
2. _____
3. _____

🌸 Reflection: _____

Wednesday

1. _____
2. _____
3. _____

🌸 Reflection: _____

Thursday

1. _____
2. _____
3. _____

🌸 Reflection: _____

Friday


1. _____
2. _____
3. _____

🌸 Reflection: _____

Week 2: ___/___/___ *to* ___/___/___


Monday

1. _____
2. _____
3. _____

 *Reflection:* _____

Tuesday

1. _____
2. _____
3. _____

 *Reflection:* _____


Wednesday

1. _____
2. _____
3. _____

 *Reflection:* _____


Thursday

1. _____
2. _____
3. _____

 *Reflection:* _____


Friday

1. _____
2. _____
3. _____

 *Reflection:* _____


Saturday

1. _____
2. _____
3. _____

 Reflection: _____

Sunday

1. _____
2. _____
3. _____

 Reflection: _____

Weekly Gratitude Themes I've Noticed:

Gratitude Prompts (When You Need Inspiration)

- Something in nature that brought me joy today
- A person who helped or supported me recently
- A challenge that taught me something valuable
- A simple pleasure I experienced today
- Something about my body or health I'm thankful for
- A tool or technology that made my life easier
- A quality in myself that I appreciate
- An opportunity I've been given
- A moment of peace or beauty I experienced
- Something I often take for granted

Monthly Gratitude Reflection

Three things I've grown to appreciate more this month:

1. _____
2. _____
3. _____

How has regular gratitude practice affected my wellbeing:

Areas of life I'd like to bring more grateful awareness to:

*For more resources on mindfulness and gratitude, visit positive4mind.com
Track your gratitude practice with the Daily Mood Journal app from positive4mind.com*