

WEEKLY *Gratitude* JOURNAL

As you fill in each line, take 10-20 seconds to really **feel** the thankfulness in your heart.

SUNDAY

SOME**ONE** I'M GRATEFUL FOR

SOME**THING** I'M GRATEFUL FOR

AN **EVENT** I'M GRATEFUL FOR

MONDAY

SOME**ONE** I'M GRATEFUL FOR

SOME**THING** I'M GRATEFUL FOR

AN **EVENT** I'M GRATEFUL FOR

TUESDAY

SOME**ONE** I'M GRATEFUL FOR

SOME**THING** I'M GRATEFUL FOR

AN **EVENT** I'M GRATEFUL FOR

WEDNESDAY

SOME**ONE** I'M GRATEFUL FOR

SOME**THING** I'M GRATEFUL FOR

AN **EVENT** I'M GRATEFUL FOR

THURSDAY

SOME**ONE** I'M GRATEFUL FOR

SOME**THING** I'M GRATEFUL FOR

AN **EVENT** I'M GRATEFUL FOR

FRIDAY

SOME**ONE** I'M GRATEFUL FOR

SOME**THING** I'M GRATEFUL FOR

AN **EVENT** I'M GRATEFUL FOR

SATURDAY

SOME**ONE** I'M GRATEFUL FOR

SOME**THING** I'M GRATEFUL FOR

AN **EVENT** I'M GRATEFUL FOR

Gratitude BONUS SHEET

As you fill in each line, take 10-20 seconds to really **feel** the thankfulness in your heart.

A **CHALLENGE** THAT I'M GRATEFUL FOR (AND WHY):

A **PART OF MY BODY** THAT I'M GRATEFUL FOR (AND WHY):

A **SONG, PIECE OF ART, OR QUOTE** THAT LIFTS ME UP:

SOMETHING IN MY PAST THAT I'M GRATEFUL FOR (AND WHY):

AN **INNER STRENGTH OF MINE** THAT I'M GRATEFUL FOR (AND WHY):
