

Gratitude Journal

Instructions: Each day, write down three things you're grateful for and why they matter to you.

Day 1

1. _____

Why it matters: _____

2. _____

Why it matters: _____

3. _____

Why it matters: _____

Day 2

1. _____

Why it matters: _____

2. _____

Why it matters: _____

3. _____

Why it matters: _____

Day 3

1. _____

Why it matters: _____

2. _____

Why it matters: _____

3. _____

Why it matters: _____

Day 4

1. _____

Why it matters: _____

2. _____

Why it matters: _____

3. _____

Why it matters: _____

Day 5

1. _____

Why it matters: _____

2. _____

Why it matters: _____

3. _____

Why it matters: _____

Day 6

1. _____

Why it matters: _____

2. _____

Why it matters: _____

3. _____

Why it matters: _____

Day 7

1. _____

Why it matters: _____

2. _____

Why it matters: _____

3. _____

Why it matters: _____