



Weekly Gratitude Journal



QUESTIONS FOR YOU TO CONSIDER:

Today I am thankful for...

monday

Pause and appreciate the small things in your daily routine, such as the sound of a refrigerator, the scent of coffee, or the glow of the sun. Express gratitude for them.

Today I am thankful for...

tuesday

Remember and cherish the unexpected moments of joy and surprise that brightened your day. Express gratitude for a spontaneous compliment, a child's innocent laughter, or a random act of kindness.

Today I am thankful for...

wednesday

Reflect on past experiences, both positive and negative, that have shaped your growth and perspective. Express gratitude for the lessons learned, the resilience gained, and the wisdom acquired.

Today I am thankful for...

thursday

Appreciate the moments of inspiration, creativity, and self-expression that enrich your life. Express gratitude for the spark of an idea, the joy of crafting, or the beauty of artistic expression.

Today I am thankful for...

friday

Reflect on the individuals and communities that provide a sense of belonging and support. Express gratitude for the bonds of friendship, the warmth of family, and the strength of community.

Today I am thankful for...

saturday

Celebrate the ability of your body to move, function, and experience the world around you. Express gratitude for the strength of your muscles, the resilience of your bones, and the vitality that allows you to live fully.

Today I am thankful for...

sunday

Honor your dreams, aspirations, and goals that fuel your passion and drive. Express gratitude for the opportunities to pursue your dreams, the courage to face challenges, and the hope for a fulfilling future.

Today I am thankful for...