

Guided Gratitude Journal

1. A recent experience for which I am grateful occurred when _____

_____.

2. I will treasure this experience because it made me feel _____

_____.

3. I never imagined I would achieve this in my professional career, but I _____

_____.

4. This will positively impact my future by _____

_____.

5. I am grateful for what _____ recently did for me. He/she made
me feel so _____

_____.

