

FALOLITY GRATITUDE JOURNAL

A Daily Practice for Reflection, Joy & Well-Being

Date: _____

Day of the Week: _____

Morning Gratitude

Today, I am grateful for:

1. _____
 2. _____
 3. _____
-

Today's Intention

How do I want to show up today?

My guiding word for today:

Moments of Joy

What am I looking forward to today?

Midday Check-In

How am I feeling right now?

☐ Energized

☐ Calm

☐ Focused

☐ Grateful

☐ Overwhelmed

☐ Tired

☐ Hopeful

☐ Reflective

☐ Other: _____

What do I need most in this moment?

Evening Reflection

What went well today?

What challenge did I overcome?

What did I learn about myself today?

 Three Moments Worth Remembering

1.

2.

3.

 Self-Compassion Corner

One kind thing I can say to myself today:

 Tomorrow's Focus

One thing I will carry forward into tomorrow:

 Falolity Daily Affirmation

"I choose gratitude, embrace growth, and welcome each day as an opportunity to become the best version of myself."

Weekly Gratitude Reflection

At the end of the week, answer these questions:

What brought me the most joy this week?

What am I most thankful for right now?

How have I grown this week?

What intention will guide me next week?

 **Falolity Reminder:** Gratitude is not about ignoring challenges. It is about recognizing the beauty, lessons, and blessings that exist alongside them. Small moments of appreciation can create lasting shifts in perspective and well-being. 