

FREE 7 - DAY GRATITUDE *Journal*

Instructions:

- Print out this 7-day journal.
- Every morning, write down three things you're grateful for in the designated space.
- At the end of the day, revisit your list and reflect on the positive impact these things have had on your day.



INSIDE OUT
GUIDANCE

GRATITUDE

Day 1 ✨

Journal



MORNING REFLECTION ☀️

EVENING REFLECTION 🌙

HAVING THESE THINGS MEAN I CAN

"GRATITUDE TURNS WHAT WE HAVE INTO ENOUGH." – UNKNOWN

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GRATITUDE

Day 2 ✨

Journal



MORNING REFLECTION ☀️

EVENING REFLECTION 🌙

HAVING THESE THINGS MEAN I CAN

"JOY IS THE SIMPLEST FORM OF GRATITUDE." – KARL BARTH

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GRATITUDE

Day 3 ✨

Journal



MORNING REFLECTION ☀️

EVENING REFLECTION 🌙

HAVING THESE THINGS MEAN I CAN

"GRATITUDE IS THE HEALTHIEST OF ALL HUMAN EMOTIONS." – ZIG ZIGLAR

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GRATITUDE

Day 4 ✨

Journal



MORNING REFLECTION ☀️

EVENING REFLECTION 🌙

HAVING THESE THINGS MEAN I CAN

"BE THANKFUL FOR WHAT YOU HAVE; YOU'LL END UP HAVING MORE." –

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OPRAH WINFREY

GRATITUDE

Day 5 ✨

Journal



MORNING REFLECTION ☀️

EVENING REFLECTION 🌙

HAVING THESE THINGS MEAN I CAN

"GRATITUDE MAKES SENSE OF OUR PAST, BRINGS PEACE FOR TODAY,
AND CREATES A VISION FOR TOMORROW." – MELODY BEATTIE

GRATITUDE

Day 6 ✨

Journal



MORNING REFLECTION ☀️

EVENING REFLECTION 🌙

HAVING THESE THINGS MEAN I CAN

"THE ROOT OF JOY IS GRATEFULNESS." – DAVID STEINDL-RAST

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GRATITUDE

Day 7 ✨

Journal



MORNING REFLECTION ☀️

EVENING REFLECTION 🌙

HAVING THESE THINGS MEAN I CAN

"GRATITUDE IS A POWERFUL CATALYST FOR HAPPINESS." – AMY COLLETTE