Blissful Leisure Guide

Gratitude Tracker

Practicing gratitude is a simple way to bring joy and mindfulness into your life. Use this tracker to write down three things you are grateful for each day. Reflect on your entries at the end of the week and notice how your mindset shift.

Date	Gratitude 1	Gratitude 2	Gratitude 3

Reflection:

At the end of the week, take a moment to reflect on your gratitude journey. What moments stood out to you? How did practicing gratitude impact your week?