



Daily Gratitude Journal

Introduction to Gratitude Journaling: Gratitude journaling is a practice where you regularly write down things you are thankful for. This simple yet powerful exercise helps shift your focus from what's lacking in your life to what's abundant, fostering a positive mindset and improving overall well-being.

Daily Gratitude Journal Template:

Date: _____

Three Things I'm Grateful For Today:

1. _____
2. _____
3. _____

A Positive Experience or Achievement from Today:

Description: _____

A Person Who Made a Positive Impact on My Day:

Name: _____

Why: _____

An Affirmation or Positive Thought for the Day:

Affirmation: _____

Instructions:

- **Choose a Time:** Dedicate a few minutes each morning or evening to complete your journal.



- **Be Specific:** Write detailed and specific entries to capture the essence of your gratitude.
- **Be Genuine:** Focus on genuine feelings of thankfulness and positivity.
- **Reflect Daily:** Make it a daily habit to reflect on the positive aspects of your life and the people who have made a difference.

Benefits:

- Shifts your focus to positive aspects of life.
- Enhances overall mood and outlook.
- Builds resilience and emotional well-being.
- Strengthens relationships by acknowledging and appreciating others.