



# Sensory Gratitude Journal

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Notice Your Senses:

Something I saw today that was comforting:

Example: "The sunlight through my window."


A sound that soothed me:

Example: "My favorite song on the radio."




A smell or taste I enjoyed:

Example: "The smell of fresh bread."


Something I touched that felt good:

Example: "My soft pillow."




### Gratitude Reflection:

Pick one sensory moment and write why it mattered to you.

Example: "The sunlight made my room feel warm and safe."
