

# Gratitude Journal

One prompt a day. Write as much as you like. Start on any day of the year.

## HOW IT WORKS

1. Read today's question.
2. Write as much as you like in the journal (pages 2–16).
3. Colour a circle. One line counts as a full day.

START DATE \_\_\_\_\_

FINISH LINE DATE \_\_\_\_\_

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| <b>1</b><br><small>SMALL THINGS</small><br><b>A taste you enjoyed today</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE        | <b>2</b><br><small>SMALL THINGS</small><br><b>Something at home that makes life easier</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE | <b>3</b><br><small>SMALL THINGS</small><br><b>A sound you love</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE            | <b>4</b><br><small>SMALL THINGS</small><br><b>Something warm</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE              | <b>5</b><br><small>SMALL THINGS</small><br><b>A small thing that went right</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE   | <b>6</b><br><small>SMALL THINGS</small><br><b>Something beautiful outside</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE   |
| <b>7</b><br><small>SMALL THINGS</small><br><b>What your body did for you today</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE | <b>8</b><br><small>PEOPLE</small><br><b>Someone who made you laugh</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE                     | <b>9</b><br><small>PEOPLE</small><br><b>Someone who taught you something</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE  | <b>10</b><br><small>PEOPLE</small><br><b>A stranger's kindness</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE            | <b>11</b><br><small>PEOPLE</small><br><b>Someone you can call anytime</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE         | <b>12</b><br><small>PEOPLE</small><br><b>Thank someone out loud</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE             |
| <b>13</b><br><small>PEOPLE</small><br><b>Who haven't you thanked yet?</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE          | <b>14</b><br><small>PEOPLE</small><br><b>Write a gratitude letter (page 17)</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE            | <b>15</b><br><small>YOU</small><br><b>A strength you have</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE                 | <b>16</b><br><small>YOU</small><br><b>Something new you learned this year</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE | <b>17</b><br><small>YOU</small><br><b>A hard thing you got through</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE            | <b>18</b><br><small>YOU</small><br><b>A choice that turned out right</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE        |
| <b>19</b><br><small>YOU</small><br><b>A habit that helps you</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE                   | <b>20</b><br><small>YOU</small><br><b>Something you're proud of</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE                        | <b>21</b><br><small>YOU</small><br><b>Something to let go of, with thanks</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE | <b>22</b><br><small>THE YEAR</small><br><b>The best day of this year</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE      | <b>23</b><br><small>THE YEAR</small><br><b>A place that felt good</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE             | <b>24</b><br><small>THE YEAR</small><br><b>A book, film or song that helped</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE |
| <b>25</b><br><small>THE YEAR</small><br><b>Something that surprised you</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE        | <b>26</b><br><small>THE YEAR</small><br><b>A problem that turned into something good</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE   | <b>27</b><br><small>THE YEAR</small><br><b>Something ordinary you'd miss</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE  | <b>28</b><br><small>THE YEAR</small><br><b>Someone who believed in you</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE    | <b>29</b><br><small>FINISH</small><br><b>What you hope to thank next year for</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE | <b>30</b><br><small>FINISH</small><br><b>Read all 29 days. Thank yourself.</b><br><br><input type="radio"/> 3 LINES<br><input type="radio"/> 1 LINE  |

Both circles count the same. Missed a day? Just answer today's question. Miss once, never twice.

# Gratitude Journal

Take your time. Write until you have nothing left to say.

DAY 1 · SMALL THINGS

## A taste you enjoyed today

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

DAY 2 · SMALL THINGS

## Something at home that makes life easier

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

Take your time. Write until you have nothing left to say.

### DAY 3 · SMALL THINGS

## A sound you love

*What exactly? · Why does it matter to you? · How did it feel?*

ONE WORD FOR TODAY \_\_\_\_\_

## DAY 4 · SMALL THINGS

## Something warm

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY \_\_\_\_\_

## A small thing that went right

What exactly? · Why does it matter to you? · How did it feel?

## ONE WORD FOR TODAY

## Something beautiful outside

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY \_\_\_\_\_

# Gratitude Journal

Take your time. Write until you have nothing left to say.

**DAY 7 · SMALL THINGS**

## What your body did for you today

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

**DAY 8 · PEOPLE**

## Someone who made you laugh

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

# Gratitude Journal

Take your time. Write until you have nothing left to say.

**DAY 9 · PEOPLE**

## Someone who taught you something

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

**DAY 10 · PEOPLE**

## A stranger's kindness

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

# Gratitude Journal

Take your time. Write until you have nothing left to say.

**DAY 11 · PEOPLE**

## Someone you can call anytime

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

**DAY 12 · PEOPLE**

## Thank someone out loud

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

Take your time. Write until you have nothing left to say.

## DAY 13 · PEOPLE

## Who haven't you thanked yet?

*What exactly? · Why does it matter to you? · How did it feel?*

ONE WORD FOR TODAY \_\_\_\_\_

## DAY 14 • PEOPLE

## Write a gratitude letter (page 17)

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY \_\_\_\_\_

# Gratitude Journal

Take your time. Write until you have nothing left to say.

DAY 15 · YOU

## A strength you have

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

DAY 16 · YOU

## Something new you learned this year

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

## A hard thing you got through

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY \_\_\_\_\_

## A choice that turned out right

What exactly? · Why does it matter to you? · How did it feel?

### ONE WORD FOR TODAY

Take your time. Write until you have nothing left to say.

DAY 19 • YOU

## A habit that helps you

*What exactly? · Why does it matter to you? · How did it feel?*

ONE WORD FOR TODAY \_\_\_\_\_

DAY 20 • YOU

## Something you're proud of

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY \_\_\_\_\_

# Gratitude Journal

Take your time. Write until you have nothing left to say.

DAY 21 · YOU

## Something to let go of, with thanks

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

DAY 22 · THE YEAR

## The best day of this year

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

# Gratitude Journal

Take your time. Write until you have nothing left to say.

DAY 23 · THE YEAR

## A place that felt good

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

DAY 24 · THE YEAR

## A book, film or song that helped

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

Take your time. Write until you have nothing left to say.

## DAY 25 • THE YEAR

### Something that surprised you

*What exactly? · Why does it matter to you? · How did it feel?*

## ONE WORD FOR TODAY

DAY 26 • THE YEAR

## A problem that turned into something good

What exactly? · Why does it matter to you? · How did it feel?

### ONE WORD FOR TODAY

# Gratitude Journal

Take your time. Write until you have nothing left to say.

DAY 27 · THE YEAR

## Something ordinary you'd miss

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

DAY 28 · THE YEAR

## Someone who believed in you

*What exactly? · Why does it matter to you? · How did it feel?*

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ONE WORD FOR TODAY \_\_\_\_\_

Take your time. Write until you have nothing left to say.

## DAY 29 · FINISH

## What you hope to thank next year for

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY \_\_\_\_\_

## DAY 30 • FINISH

**Read all 29 days. Thank yourself.**

What exactly? · Why does it matter to you? · How did it feel?

## ONE WORD FOR TODAY

# A Gratitude Letter

To someone you never properly thanked. Sending it is optional. Reading it to them in person is the strongest version.

**Dear**

**With thanks, \_\_\_\_\_**

## On Day 30

### Three good things I'd never have noticed

### Who I'll thank in person

**One thing I'll keep doing next month**