

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 _____

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

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

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?

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?

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

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

DAY 5 · SMALL THINGS

A small thing that went right

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

ONE WORD FOR TODAY

DAY 6 · SMALL THINGS

Something beautiful outside

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 7 · SMALL THINGS

What your body did for you today

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

ONE WORD FOR TODAY _____

DAY 8 • PEOPLE

Someone who made you laugh

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 9 • PEOPLE

Someone who taught you something

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

ONE WORD FOR TODAY

DAY 10 • PEOPLE

A stranger's kindness

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 11 · PEOPLE

Someone you can call anytime

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

ONE WORD FOR TODAY

DAY 12 • PEOPLE

Thank someone out loud

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 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

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?

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?

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

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?

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?

ONE WORD FOR TODAY

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?

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?

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

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?

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?

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

With thanks, _____

Three good things I'd never have noticed
