

Gratitude Journal

a 4-week guided journal
for noticing the good stuff

Name: _____

Start date: _____

Week 1 | Monday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 1 | Tuesday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 1 | Wednesday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 1 | Thursday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 1 | Friday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 1 | Saturday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 1 | Sunday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 1 Reflection

Take 5 minutes on Sunday to look back at your week.

What went well this week?

What do I want more of next week?

One pattern I'm noticing in my gratitude entries:

You're building a new default. Keep going.

Week 2 | Monday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 2 | Tuesday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 2 | Wednesday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 2 | Thursday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 2 | Friday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 2 | Saturday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 2 | Sunday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 2 Reflection

Take 5 minutes on Sunday to look back at your week.

What went well this week?

What do I want more of next week?

One pattern I'm noticing in my gratitude entries:

You're building a new default. Keep going.

Week 3 | Monday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 3 | Tuesday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 3 | Wednesday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 3 | Thursday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 3 | Friday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 3 | Saturday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 3 | Sunday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 3 Reflection

Take 5 minutes on Sunday to look back at your week.

What went well this week?

What do I want more of next week?

One pattern I'm noticing in my gratitude entries:

You're building a new default. Keep going.

Week 4 | Monday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 4 | Tuesday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 4 | Wednesday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 4 | Thursday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 4 | Friday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 4 | Saturday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 4 | Sunday

Date: _____

1 One thing I'm genuinely grateful for today:

2 Something small that made yesterday better:

3 One person I appreciate and why:

4 My intention for today:

Week 4 Reflection

Take 5 minutes on Sunday to look back at your week.

What went well this week?

What do I want more of next week?

One pattern I'm noticing in my gratitude entries:

You're building a new default. Keep going.