

Daily Gratitude

Today: _____ / _____ / _____

Today I'm Feeling

1 _____

2 _____

3 _____

Positive Affirmations

Today I'm Grateful For

1 _____

2 _____

3 _____

Something I'm Proud Of

More of This:

Less of This:

My Favorite Moment The Day

Tomorrow I Look Forward To



Monthly Gratitude

Month / /

Highlights of the Month

- 1 _____
- 2 _____
- 3 _____

What is Something New You've Learned?

What Were Some of the Challenges You Faced?

What is the Best Thing You Have Done For Yourself This Past Month?

How Did You Help Someone Else This Month

**Has Practicing
Gratitude Helped You
This Month?**

YES

MAYBE

NO



I Am Grateful For

A vertical column of 20 colored circles (blue, brown, and grey) on the left side of the page, each corresponding to a horizontal line for writing.



Lovingly designed by

Hello
**Early
Bird**

for Gentle Frog, LLC



Gentle Frog

