

Gratitude Journal



Gratitude! We all have so much to be grateful for – from the smallest detail in our life to the biggest. Each evening before bed, take some time to quiet yourself and fill out the journal entry for that day. Begin each sentence with “I am grateful for” or “I am thankful for”. Do your best to not repeat anything.

25 November 20____

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- 2.
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26 November 20____

- 1.
- 2.
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27 November 20____

- 1.
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28 November 20____

- 1.
- 2.
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29 November 20____

- 1.
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30 November 20____

- 1.
- 2.
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- 5.

1 December 20____

- 1.
- 2.
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2 December 20____

- 1.
- 2.
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“When you are grateful fear disappears and abundance appears.”

Anthony Robbins

3 December 20____

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4 December 20____

- 1.
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5 December 20____

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6 December 20____

- 1.
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"If you want to turn your life around, try thankfulness. It will change your life mightily."

Gerald Good

7 December 20____

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8 December 20____

- 1.
- 2.
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- 4.
- 5.

9 December 20____

- 1.
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10 December 20____

- 1.
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“You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you.”

Sarah Ban Breathnach

11 December 20____

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12 December 20____

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13 December 20____

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14 December 20____

- 1.
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"Gratitude is riches. Complaint is poverty."

Doris Day

15 December 20____

- 1.
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16 December 20____

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17 December 20____

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18 December 20____

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“When eating bamboo sprouts, remember the man who planted them.”

Chinese Proverb

19 December 20____

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20 December 20____

- 1.
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- 5.

21 December 20____

- 1.
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- 5.

22 December 20____

- 1.
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- 5.

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

John Fitzgerald Kennedy

23 December 20____

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24 December 20____

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- 5.

25 December 20____

- 1.
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26 December 20____

- 1.
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- 5.

“You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing and grace before I dip the pen in the ink.”

G.K. Chesterton

27 December 20____

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28 December 20____

- 1.
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29 December 20____

- 1.
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30 December 20____

- 1.
- 2.
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31 December 20____

Happy New Year!!