

# Daily Gratitude Journal

DATE: \_\_\_\_\_

**5 things I am grateful for:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

**4 things I am looking  
froward to:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

**3 things I accomplished  
today:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**2 people I am grateful to  
have in my life:**

1 \_\_\_\_\_

2 \_\_\_\_\_

**1 amazing thing that happened this week**

\_\_\_\_\_