



Gratitude

Daily Check-In

DATE

INTENTION

SLEEP

SLEEP HOURS



SELF-CARE

NUTRITION

THOUGHTS AND FEELINGS

Grid of 20 rows and 40 columns of dots for journaling thoughts and feelings.

How to Keep a Gratitude Journal

Keeping a Gratitude Journal can have huge effects on your well-being and relationships. By writing gratitudes every day, you can develop a greater appreciation for the good things and people in your life. As a result you will become more attuned to sources of happiness and joy around you. Here are 5 tips to help you get started with your own Gratitude Journal.

1

Each day, write 3 things for which you feel grateful. This will help you remember good experiences, people, things or events.

2

Be as specific as you can and go into as much depth as you can giving detailed descriptions when you write.

3

Start to see good things, people and experiences as gifts so that you can stop taking them for granted.

4

Write regularly and get into the habit of writing about the things for which you are thankful.

5

Consider what your life would be like without certain things or people. Be grateful for the things avoided or escaped or prevented.

Daily Gratitude

THINGS THAT MAKE ME FEEL GRATEFUL

PEOPLE THAT MAKE ME FEEL GRATEFUL

CHALLENGES THAT HELP ME LEARN

TOUCH, SEE, SMELL, TASTE, HEAR

HIGHLIGHTS FROM MY DAY

Daily Gratitude



My positive affirmation for today

This is how I'll make today great



My good deed today

Good things I experienced today

How I will make tomorrow even better

Gratitude Log

Date:

I am grateful for

Date:

I am grateful for

Date:

I am grateful for

Feeling Grateful

Questions to inspire you to feel grateful

How do you like to move your body?
How does your health makes you feel grateful?
How is your mental health?
Who do you like to communicate with?
How do you connect with yourself?
How do you do self-care?

What do you love about yourself?
What's something you're proud of?
What compliments do you get?
Where do you feel most at home?
What'd make your younger self proud?
What colours do you love?

Who inspires you?
What do you love about your work?
With whom do you like working?
What achievement makes you proud?
What have you learnt this year?
What work makes you proud?

Who in your family makes you feel grateful?
What do you like to do with friends?
Which friend do you appreciate the most?
How do you spend time with yourself?
Do you have a partner you're thankful for?
What do you like to do with your family?

What do you like to eat and drink?
What outdoor spaces bring you joy?
What do you like to do in your spare time?
How do you love to spend your weekends?
If you had a spare hour, what would you do?
What do you like about the place where you live?
Is there somewhere you go that you love?
What's a special memory from a holiday?
What's a quote you find inspiring?
What do you love to watch?
How do you get creative?
What books do you love?
Which artist inspires you?

What's a smell you love?
What do you love to see?
What' music do you love?
What sound in nature do you love?
What time of day do you like best?
How do you like to get cosy?
What weather do you love?