






Gratitude Journal Page


Discovering grace in the face of challenge, change and uncertainty


WHAT / WHO AM I GRATEFUL FOR TODAY?


1. _____
2. _____
3. _____


BENEFITS I FEEL TODAY (Circle):

						
More Energy	Feel Lighter/ Brighter	Less Stressed/ Anxious/ Sad/ Depressed	More Confidence	Feel Happier	Increased Creativity	More Optimistic/ Positive

 How could I be less fortunate than I am now?

 How did I make someone else's life a little better today (i.e., act of kindness, courage, love, risk, generosity)? How have I left the world a little brighter?

 What's one act of self-care, self-compassion and/or self-forgiveness I showed myself today?

 What's one thing I appreciate about myself?

Date _____