



# Gratitude Journal Page

Discovering grace in the face of challenge, change and uncertainty

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## 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?


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

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

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What's one thing I appreciate about myself?

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Date \_\_\_\_\_