My Gratitude Journal
Gratitude is the gateway to a positive life.

A.D. Posey
I am Grateful For
Gratitude unlocks the fullness of life.

Melody Beattie
A grateful heart is a magnet for miracles.
I am Grateful For
We can only be said to be alive in those moments, where our hearts are conscious of our treasures.

Thornton Wilder
MOVIES
I am Grateful For

[Blank Clapboards]

101Planners.com
Gratitude helps us to see what is there instead of what isn't.
I enjoyed visiting
When you are grateful, fear disappears and abundance appears.

Tony Robbins
TV SHOWS
I enjoy watching

---

I enjoy watching TV shows.

---

TV shows I enjoy watching:

1. [List of TV shows]
2. [List of TV shows]
3. [List of TV shows]

---

Note: You can add more TV shows to the list by inserting them in the blank lines.
Be in love with your life. Every detail of it.

Jack Kerouac
Start each day with a positive thought and a grateful heart.

Roy T. Bennett
THINGS I Love
The activities that make me happy:

I will try to do them more often by
There is always something to be thankful for
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<th>Monday</th>
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INHALE
love
EXHALE
gratitude
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Write something good that happened each day

101Planners.com
“To me, beauty is about being comfortable in your own skin. It’s about knowing and accepting who you are.”

Ellen Degeneres
It is not joy that makes us grateful.
It is gratitude that makes us joyful.
THINGS I LOVE ABOUT MY LIFE
Grateful for:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

101Planners.com
GRATITUDE TURNS what we have INTO ENOUGH

Aesop
Things I appreciate about
Family or Friends
<table>
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Write something good that happened each day.
A SPECIAL MEMORY
Gratitude is riches
Complaint is poverty

Doris Day
Thank You

Dear

You don’t actually have to send the letter
It is not happy people who are thankful.
It is thankful people who are happy.
MUSIC

I Enjoy
Be Grateful

For Life

Not everyone made it this far
1. Who do you love?
2. What made you smile lately?
3. Who do you like?
4. What are you good at doing?
5. Who can you count on?
6. What do you love?
7. What do you like?
8. Where do you like to go?
9. What do you enjoy?
10. Who inspires you?
11. List activities that bring you joy.
12. List items that bring you joy.
13. List people that bring you joy.
14. What makes you happy?
15. What relaxes you?
16. What makes you special?
17. What is your favorite memory?
18. Is there anything that you take for granted?
19. What is your favorite food?
20. Describe one good thing that happened to you this month.
21. What is your favorite item?
GRATITUDE Prompts

22. What is your biggest accomplishment?
23. Do you have a family tradition that you enjoy?
24. What are your good qualities?
25. What are your hobbies?
26. Is there anything that makes your life better?
27. What movie did you like?
28. What books did you enjoy?
29. Who made you smile?
30. Write about a nice thing somebody said to you.
31. Who do you enjoy spending time with?
32. What songs do you love?
33. Where is the best place you visited and what do you like about it?
34. What have you learned?
35. Has anyone shown you kindness recently?
36. What do you love about your home?
37. What do you love about your country?
38. Describe the last gift you received. Who gave it to you?
39. What do you like about yourself?
40. What do you like about your job?
41. In what way is your life better today than it was a year ago or ten years ago?
42. What is the nicest thing that someone did for you?
43. Describe one of your best days.
44. What do you enjoy doing after work?
45. What do you enjoy doing as you get home?
46. Describe a bad experience that made you stronger.
47. What do you have today that you didn't have as a child?
48. Describe a difficulty that you have overcome.
49. What would you take to a desert island?
50. What was the last thing that made you laugh?
51. What is your favorite animal?
52. What cheers you up when you are feeling sad?
53. What do you enjoy about your daily routine?
54. Describe your last vacation?
55. What have you accomplished?
Date: ____________
Date: ____________
Gratitude is the best attitude