30-DAY GRATITUDE JOURNAL

Practice Daily Gratitude

Free printable from myebooksbuy.com

Words to Keep

"Gratitude turns what we have into enough."

"Gratitude journaling rewires the mind to notice the good."

"Write down one good thing; tomorrow you will look for two."

Day 1

Today I am grateful for:

Prompt: A skill you are grateful to have

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 2

Today I am grateful for:

Prompt: Something beautiful you noticed

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 3

Today I am grateful for:

Prompt: Something about your home you love

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 4

Today I am grateful for:

Prompt: Something simple that made you happy

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 5

Today I am grateful for:

Prompt: A book, song, or show that inspired you

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 6

Today I am grateful for:

Prompt: A person who believed in you

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 7

Today I am grateful for:

Prompt: Something you take for granted that you appreciate

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 8

Today I am grateful for:

Prompt: A healthy choice you made today

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 9

Today I am grateful for:

Prompt: A time you helped someone

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 10

Today I am grateful for:

Prompt: Something you take for granted that you appreciate

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 11

Today I am grateful for:

Prompt: A skill you are grateful to have

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 12

Today I am grateful for:

Prompt: A challenge you handled well

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 13

Today I am grateful for:

Prompt: A conversation that meant something

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 14

Today I am grateful for:

Prompt: A book, song, or show that inspired you

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 15

Today I am grateful for:

Prompt: A place where you feel at peace

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 16

Today I am grateful for:

Prompt: Something your body does well today

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 17

Today I am grateful for:

Prompt: A conversation that meant something

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 18

Today I am grateful for:

Prompt: A skill you are grateful to have

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 19

Today I am grateful for:

Prompt: A goal you are grateful to be working toward

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 20

Today I am grateful for:

Prompt: Something simple that made you happy

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 21

Today I am grateful for:

Prompt: A time you helped someone

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 22

Today I am grateful for:

Prompt: Something your body does well today

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 23

Today I am grateful for:

Prompt: A lesson you learned recently

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 24

Today I am grateful for:

Prompt: A skill you are grateful to have

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 25

Today I am grateful for:

Prompt: A skill you are grateful to have

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 26

Today I am grateful for:

Prompt: A small win you are proud of

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 27

Today I am grateful for:

Prompt: Something beautiful you noticed

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 28

Today I am grateful for:

Prompt: A book, song, or show that inspired you

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 29

Today I am grateful for:

Prompt: A book, song, or show that inspired you

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 30

Today I am grateful for:

Prompt: A goal you are grateful to be working toward

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

About This Printable

30-DAY GRATITUDE JOURNAL

Free printable from myebooksbuy.com

Print as many copies as you like for personal, family or classroom use.

Please do not resell it.

More free journals and planners: myebooksbuy.com/free-resources