THANKFUL MOMENTS

Practice Daily Gratitude

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Words to Keep

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

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

"Gratitude turns what we have into enough."

Day 1

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 2

Today I am grateful for:

Prompt: A memory that warms your heart

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 your body does well today

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 4

Today I am grateful for:

Prompt: Someone who made your day better

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 person who believed in 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 challenge you handled well

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 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 9

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 10

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 11

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 12

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 13

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 14

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 15

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 16

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 17

Today I am grateful for:

Prompt: Something you are looking forward to

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 18

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 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: A place where you feel at peace

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 21

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 22

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 23

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 24

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 25

Today I am grateful for:

Prompt: A moment that made you smile today

Three good things that happened today:

1.

2.

3.

One thing I will do differently tomorrow:

Day 26

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 27

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 28

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 29

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 30

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:

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