

Gratitude Journal

Rooted in love,
blooming through the
hard days

ABOUT ME

Date: / /

Name: _____

Why I started journaling:

My Goals

My Motivations

Reason 1:

Reason 2:

Reason 3:

My Habit

New Healthy Habits

Bad Habits To Reduce

Rewards

Rewards For Meeting My Goals

1. _____
2. _____
3. _____
4. _____

Why I Deserve These

DAILY GRATITUDE JOURNAL

Date: / /

Today I am grateful for

Quotes & Affirmations

Looking Forward To Today

Things that make me smile

	<input type="radio"/>	

Getting Better Each Day

My Challenge

Let Go Of

Tomorrow I Will

HIGHLIGHTS

Date: / /

What was a positive moment with your kids today, even if it was small?

1. _____
2. _____
3. _____

What did you learn about managing your emotions or parenting today?

What were some challenges you faced?

What is the best thing you have done today with your kids?

Has reflecting on gratitude helped you manage your emotions today?

YES

MAYBE

NO

WEEKLY GRATITUDE

Week no.:

Month:

Monday

Today I Am Grateful For

Tuesday

Today I Am Grateful For

Wednesday

Today I Am Grateful For

Thursday

Today I Am Grateful For

Friday

Today I Am Grateful For

Saturday

Today I Am Grateful For

Sunday

Today I Am Grateful For

GRATITUDE BANK

Date: / /

Health

Work & Career

Kids

Family

Love

Friends

Fun & Leisure

Finance

GRATITUDE JAR

Date: / /

Fill your gratitude jar with notes and reminders of everything you're thankful for. Whenever you're feeling down or need a boost of inspiration, revisit your jar to remind yourself of all the reasons to be grateful.



BEDTIME REFLECTION

Date: / /

What small victories or positive moments happened today?

Things I Did Today to Make a Positive Difference with My Kids

How I Feel Today

A Positive Thought To Carry Me To Sleep

GRATITUDE LETTER

Date: / /

A series of horizontal dotted lines for writing.