



## Gratitude Journal Template

Date: \_\_\_\_\_

Today, I am grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Why I am grateful for these:

- For Item 1:

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- For Item 2:

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- For Item 3:

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Reflection:

- How did these things make me feel?

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- What positive impact did they have on my day?

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Daily Affirmation:

"I am worthy of love and happiness."

Or any other affirmation you prefer: \_\_\_\_\_

Additional Notes:

Use this space to jot down any extra thoughts, feelings, or experiences from today.

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