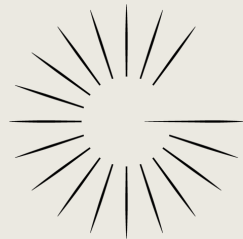


CHOOSE GRATITUDE.
CHANGE THE WORLD.



A FREE 30-DAY GRATITUDE JOURNAL
BY GRATITUDE GIFTED



We created this free 30-day gratitude journal because we believe everyone should experience the power of gratitude. This journal is undated and can be used morning or night, so you can enjoy a self-paced practice! We do recommend journaling once a day, but remember to give yourself grace if that does not always work with your schedule.

Gratitude is proven by positive psychology research to:

- Increase resilience
- Increase self-esteem
- Improve mental health
- Improve physical health
- Reduce stress and anxiety
- Boost feelings of joy and contentment
- Improve relationships with other people

WHAT YOU'LL FIND IN THIS JOURNAL:

3 THINGS YOU'RE GRATEFUL FOR

What are 3 things you're grateful for today? This is the bread and butter of your daily practice.

DAILY PERSONAL REFLECTION

Ground yourself in the moment and acknowledge the good that is before you - any time of day.

DIG DEEPER INTO GRATITUDE

Look at different areas of your life through the lens of gratitude and remember how much you have to be grateful for.

Whether this is the first time you've used a gratitude journal or your hundredth - this journey is uniquely yours. Cheers to you!

“Remember that what you have now was once among the things you hoped for.” EPICURUS

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

What is a memory from your childhood that you feel gratitude for?

“Gratitude is an antidote to negative emotions, a neutralizer of envy, hostility, worry, and irritation.”

SONYA LYUBOMIRSKY

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

When did you feel most like yourself and why does that moment bring you gratitude?

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." OPRAH WINFREY

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

Why are you grateful for your time in the morning?

“The deepest craving of human nature is the need to be appreciated.” WILLIAM JAMES

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

Describe a time someone did a good deed for you.

"In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich." DIETRICH BONHOEFFER

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

What is your favorite memory you've made this year?

“Gratitude is one of the most medicinal emotions we can feel. It elevates our moods and fills us with joy.” SARA AVANT STOVER

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

What is your favorite memory from this year?

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. ” MELODY BEATTIE

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

Describe a time you spent in nature that brought you joy.

“Don't let the sun go down without saying thank you to someone, and without admitting to yourself that absolutely no one gets this far alone.” STEPHEN KING

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

What are 3 things in the room you are in that bring you joy and gratitude?

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” JOHN F. KENNEDY

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

List 5 things you love about yourself.

"It's not so much what we have in this life that matters. It's what we do with what we have."

MR. FRED ROGERS

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

Write about the last time you laughed really hard.

“If you are really thankful, what do you do? You share.” W. CLEMENT STONE

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

Write about the person in your life that you appreciate most.

(Bonus Prompt: tell them what you wrote with them!)

“When I started counting my blessings, my whole life turned around.” WILLIE NELSON

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

Why are you grateful for summers?

“Gratitude looks to the Past and love to the Present.”

C.S. LEWIS

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

What is something you do every day that is a gift and why are you thankful for it?

“Be grateful for the joy of life. Be glad for the privilege of work. Be thankful for the opportunity to give and serve.” GRENVILLE KLEISER

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

Why are you grateful for your personality?

"What you take for granted someone else considers a luxury. Spend a little extra time being grateful for what you have today." MEL ROBBINS

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

Why are you thankful for your personal growth?

“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.” MARCEL PROUST

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

Write down 3 reasons you are grateful for the city you live in.

“Showing gratitude is one of the simplest yet most powerful things humans can do for each other.”

RANDY RAUSCH

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

What is something you recently learned that you are grateful for?

“Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it.” RALPH MARSTON

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

Our health is a gift - why are you thankful for yours?

“I don't have to chase extraordinary moments to find happiness – it's right in front of me if I'm paying attention and practicing gratitude.” BRENE BROWN

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

What is a material possession you're grateful for and what does it mean to you?

“Inner peace doesn’t come from everything being good, but from looking for the good in everything.”

JANE LEE LOGAN

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

Why are you grateful for alone time?

"Enjoy the little things, for one day you may look back and realize they were the big things."

ROBERT BRAULT

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

Write about someone you look up to or admire.

“When we give cheerfully and accept gratefully,
everyone is blessed.” DORIS DAY

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

When was a time someone offered you forgiveness?

“Gratitude is riches. Complaint is poverty.”

DORIS DAY

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

Why are you grateful for the gift of imagination?

“The secret to wealth is gratitude. It’s not just what we achieve or accomplish. It’s what we appreciate.”

TONY ROBBINS

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

Where was the last trip you took and why were you grateful for that experience?

“Acknowledging the good that you already have in your life is the foundation for all abundance.”

ECKHART TOLLE

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

What did your body do today that you appreciate?

“In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact.” LES BROWN

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

What are 5 skills or traits you have that make you unique?

“The best way to show my gratitude is to accept everything, even my problems, with joy.”

MOTHER TERESA

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

What is something you are looking forward to this year?

“Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you.” EILENE CADDY

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

What are 3 reasons you are grateful for your job?

“When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in.” KRISTIN ARMSTRONG

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

What self-discovery have you made this year that you're thankful for?

*Spread Gratitude.
Change the World.*

Today I am grateful for:

NO.1

NO.2

NO.3

What about today is special?

NO.1

NO.2

NO.3

How has gratitude made a positive difference in your life?

Congratulations!

YOU HAVE MADE IT THROUGH 30 DAYS OF GRATITUDE.

You should be so proud of yourself for committing to this practice and we hope you have experienced the benefits in a powerful way.

If you want to continue with your gratitude practice and experience 180 completely new and unique prompts and quotes, you can order your gratitude journal at our shop, gratitudegifted.com and use the code JOURNAL10 to receive an exclusive discount.



GRATITUDE

GIFTED