



Gratitude Journal Planner

Year:

Name:

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My Day

Today is:	Mon Tue Wed Thu Fri Sat Sun	I Woke Up At:
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THINGS I AM GRATEFUL FOR	THINGS THAT MADE ME HAPPY
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

MOMENTS THAT ARE WORTH THE SHARE	TOMORROW I WILL FOCUS MORE ON

30 Days Of Gratitude

Month: _____

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My Day's Assessment

Date:	Mon Tue Wed Thu Fri Sat Sun
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WHAT DID I LEARN TODAY?	MY AFFIRMATION

WHAT'S THE BEST PART OF MY DAY?	RANDOM THOUGHTS

21-Day Habits Tracker

HABITS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

STRUGGLES WITH KEEPING HABITS	HOW DID I SUCCEED?

List Of Things I am Thankful For This Week

Week:

MONDAY		TUESDAY	
WEDNESDAY	THURSDAY	FRIDAY	
SATURDAY		SUNDAY	

Personal Questions

Date:	Mon Tue Wed Thu Fri Sat Sun
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WHAT ARE THE THINGS THAT I AM MOST GRATEFUL FOR TODAY?

HOW CAN I CONQUER MY FEARS?

WHAT DO I LIKE MOST ABOUT MYSELF?

HOW CAN I DESCRIBE MY IDEAL DAY?

DO I LET OTHERS MAKE DECISIONS FOR ME?

WHAT ARE MY PLANS FOR TOMORROW?

Thank Something...

Date:	Mon Tue Wed Thu Fri Sat Sun
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THE WEATHER	SOMEONE'S PRESENCE	YOUR SKILL
A PAST EXPERIENCE	SOMETHING YOU DID FOR SOMEONE	A FOOD YOU ATE
A PLACE YOU WENT TO	SOMETHING BEAUTIFUL	A PART OF YOUR BODY
AN INANIMATE OBJECT	A LIFE LESSON	PART OF THE DAY
AN INVENTION/CREATION	A MOVIE YOU WATCHED	GOD

Daily Gratitude

Date:	Mon Tue Wed Thu Fri Sat Sun
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MORNING	▶ ▶ ▶
AFTERNOON	▶ ▶ ▶
EVENING	▶ ▶ ▶

BEAUTIFUL THINGS THAT HAPPENED TODAY..	SAD THINGS THAT HAPPENED TODAY...

Weekly Review

Week:

A SUMMARY OF THE WHOLE WEEK

MONDAY	TUESDAY	WEDNESDAY

THURSDAY	FRIDAY

SATURDAY	SUNDAY

What Happened Today?

Date:	Mon Tue Wed Thu Fri Sat Sun
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WHAT HAPPENED TODAY?