Gratitude Journal

Notice a good moment and write what made it possible.



WHY IT HELPS

Specific moments are easier to remember when you write them down. Keep the event and its reason together, then read back through the month.

HOW TO USE IT

Notice	Write three good things from today.
Explain	Add a reason beside each moment.
Reflect	Choose a person to thank each week.

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A brief, specific detail is enough.

Example: Rob's first week

Days

Day	Good thing	Why
Mon	Customer came back to say thanks	I did a careful job
Tue	Daughter called just to talk	We have been rebuilding trust
Wed	Good meeting	I showed up
Thu	Hot shower after a cold day	I stuck out the shift
Fri	Paid a bill on time	I planned ahead
Sat	Pancakes with my daughter	She asked me
Sun	Quiet walk	I said yes to a slow morning

Weekly thank you

Texted my sponsor

Mood before bed

Week 1 average 5, week 4 average 6

Daily pages: days 1 and 2

Day 1

What small thing went smoothly today?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Day 2

Who made a task easier for you?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Daily pages: days 3 and 4

Day 3

What did you enjoy noticing outside?

Date _____

Good thing 1 _____ **Why it happened** _____

Good thing 2 _____ **Why it happened** _____

Good thing 3 _____ **Why it happened** _____

Mood 0 to 10 _____

Day 4

Which ordinary comfort mattered today?

Date _____

Good thing 1 _____ **Why it happened** _____

Good thing 2 _____ **Why it happened** _____

Good thing 3 _____ **Why it happened** _____

Mood 0 to 10 _____

Daily pages: days 5 and 6

Day 5

What effort of yours are you glad about?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Day 6

Who gave you time or attention?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Daily pages: days 7 and 8

Day 7

What unexpected detail made you smile?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Day 8

What part of home felt welcoming?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Daily pages: days 9 and 10

Day 9

Which conversation stayed with you?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Day 10

What did you learn to appreciate?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Daily pages: days 11 and 12

Day 11

What did someone remember about you?

Date _____

Good thing 1 | **Why it happened**

Good thing 2 | **Why it happened**

Good thing 3 | **Why it happened**

Mood 0 to 10 _____

Day 12

What moment would you like to repeat?

Date _____

Good thing 1 | **Why it happened**

Good thing 2 | **Why it happened**

Good thing 3 | **Why it happened**

Mood 0 to 10 _____

Daily pages: days 13 and 14

Day 13

What did you finish today?

Date _____

Good thing 1 _____ **Why it happened** _____

Good thing 2 _____ **Why it happened** _____

Good thing 3 _____ **Why it happened** _____

Mood 0 to 10 _____

Day 14

Which sound did you enjoy?

Date _____

Good thing 1 _____ **Why it happened** _____

Good thing 2 _____ **Why it happened** _____

Good thing 3 _____ **Why it happened** _____

Mood 0 to 10 _____

Daily pages: days 15 and 16

Day 15

What meal or snack did you appreciate?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Day 16

What did you receive without asking?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Daily pages: days 17 and 18

Day 17

What helped you start the day?

Date _____

Good thing 1 | **Why it happened**

Good thing 2 | **Why it happened**

Good thing 3 | **Why it happened**

Mood 0 to 10 _____

Day 18

Which place gave you a quiet moment?

Date _____

Good thing 1 | **Why it happened**

Good thing 2 | **Why it happened**

Good thing 3 | **Why it happened**

Mood 0 to 10 _____

Daily pages: days 19 and 20

Day 19

What did you notice on a familiar route?

Date _____

Good thing 1 _____ **Why it happened** _____

Good thing 2 _____ **Why it happened** _____

Good thing 3 _____ **Why it happened** _____

Mood 0 to 10 _____

Day 20

What kindness did you see?

Date _____

Good thing 1 _____ **Why it happened** _____

Good thing 2 _____ **Why it happened** _____

Good thing 3 _____ **Why it happened** _____

Mood 0 to 10 _____

Daily pages: days 21 and 22

Day 21

What did you enjoy making?

Date _____

Good thing 1 _____ **Why it happened** _____

Good thing 2 _____ **Why it happened** _____

Good thing 3 _____ **Why it happened** _____

Mood 0 to 10 _____

Day 22

Who listened to you today?

Date _____

Good thing 1 _____ **Why it happened** _____

Good thing 2 _____ **Why it happened** _____

Good thing 3 _____ **Why it happened** _____

Mood 0 to 10 _____

Daily pages: days 23 and 24

Day 23

What part of your routine helped?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Day 24

Which memory felt good to revisit?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Daily pages: days 25 and 26

Day 25

What did you have enough of today?

Date _____

Good thing 1 | **Why it happened**

Good thing 2 | **Why it happened**

Good thing 3 | **Why it happened**

Mood 0 to 10 _____

Day 26

What did you appreciate about a friend?

Date _____

Good thing 1 | **Why it happened**

Good thing 2 | **Why it happened**

Good thing 3 | **Why it happened**

Mood 0 to 10 _____

Daily pages: days 27 and 28

Day 27

Which small choice helped your day?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Day 28

What was easier than expected?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Daily pages: days 29 and 30

Day 29

What do you want to remember from today?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Day 30

What are you glad you tried?

Date _____

Good thing 1 | **Why it happened**

_____ | _____

Good thing 2 | **Why it happened**

_____ | _____

Good thing 3 | **Why it happened**

_____ | _____

Mood 0 to 10 _____

Weekly thank you

Thank you

Week	Who	What I am thanking them for	How I told them

Monthly reflection

Things that showed up often

People who showed up often

My favorite moment this month

What I want more of

Gratitude review

Mood trend

What changed for me

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

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