

Daily Gratitude Journal

Name: _____ Age: _____

Gender: _____ Date: _____

Instructions:

Use this journal at the start and end of your day to reflect on moments of gratitude, positivity, and personal growth. Answer the prompts thoughtfully, allowing yourself to pause and appreciate the small and significant aspects of your life.



Morning reflection

1. What are three things you're grateful for today?

2. What is one thing you're looking forward to today?

3. How can you bring positivity to your day?

Evening reflection

1. What were three positive moments from your day

2. Who or what made you smile today, and why?

3. What is one challenge you overcame, and what did you learn?

Personal insights

1. What is one thing about yourself you are proud of today?

2. What is one act of kindness you noticed or performed today?

3. How will you carry gratitude into tomorrow?