

2024

Gratitude Journal

This Book Belongs To

2024

CALENDAR

January

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

March

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September

Mo	Tu	We	Th	Fr	Sa	Su
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October

Mo	Tu	We	Th	Fr	Sa	Su
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

January

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22	23	24	25	26	27	28
29	30	31				

Self-care

Notes

[illegible]

February

2024

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			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Self-care

Notes

[illegible]

March

2024

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				1	2	3
4	5	6	7	8	9	10
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18	19	20	21	22	23	24
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Self-care

Notes

[illegible]

April

2024

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Self-care

Notes

[illegible]

May

2024

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Self-care

Notes

[illegible]

June

2024

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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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Self-care

Notes

[illegible]

July

2024

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Self-care

Notes

[illegible]

August

2024

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Self-care

Notes

[illegible]

September

2024

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						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
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Self-care

Notes

[illegible]

October

2024

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Self-care

Notes

[illegible]

November

2024

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Self-care

Notes

[illegible]

December

2024

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						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
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30	31					

Self-care

Notes

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About Me

Year:

Date:

Name:

My Goals:

Why I Started Journaling:

My Motivations

Reason 1.

Reason 2.

Reason 3.

My Habit

New Healthy Habits

☐☐☐☐

Bad Habits To Reduce

☐☐☐☐

Rewards

Rewards For Meeting My Goals

1.

2.

3.

4.

Why I Deserve These

☐☐☐☐

Daily Gratitude Journal

Today I Am Gratitude For

--

Quotes & Affirmations

Looking Forward To Today

Things That Make
Be Happy

Getting Better Each Day

My Challenge	Let Go Of	Tomorrow I Will

Getting Better Each Day

Weekly Gratitude

Monday	Today I Am Grateful For _____ _____ _____ _____	Why
Tuesday	Today I Am Grateful For _____ _____ _____ _____	Why
Wednesday	Today I Am Grateful For _____ _____ _____ _____	Why
Thursday	Today I Am Grateful For _____ _____ _____ _____	Why
Friday	Today I Am Grateful For _____ _____ _____ _____	Why
Saturday	Today I Am Grateful For _____ _____ _____ _____	Why
Sunday	Today I Am Grateful For _____ _____ _____ _____	Why

Monthly Gratitude

January

February

March

Monthly Gratitude

April

May

June

Monthly Gratitude

July

August

September

Monthly Gratitude

October

November

December

Monthly Reflections

Month:

How Was This Month?

Highlights This Month

Challenges

Grateful For

What Went Well

Improvements

Do More Of	Do Less Of

Setting Up For Success Next Month

To Start	Continue	To Stop

Next Month I Am Coming To:

Mood

Rating

Gratitude Blank

Health

Work & Career

Parsonal Growth

Fun & Leisure

Mental

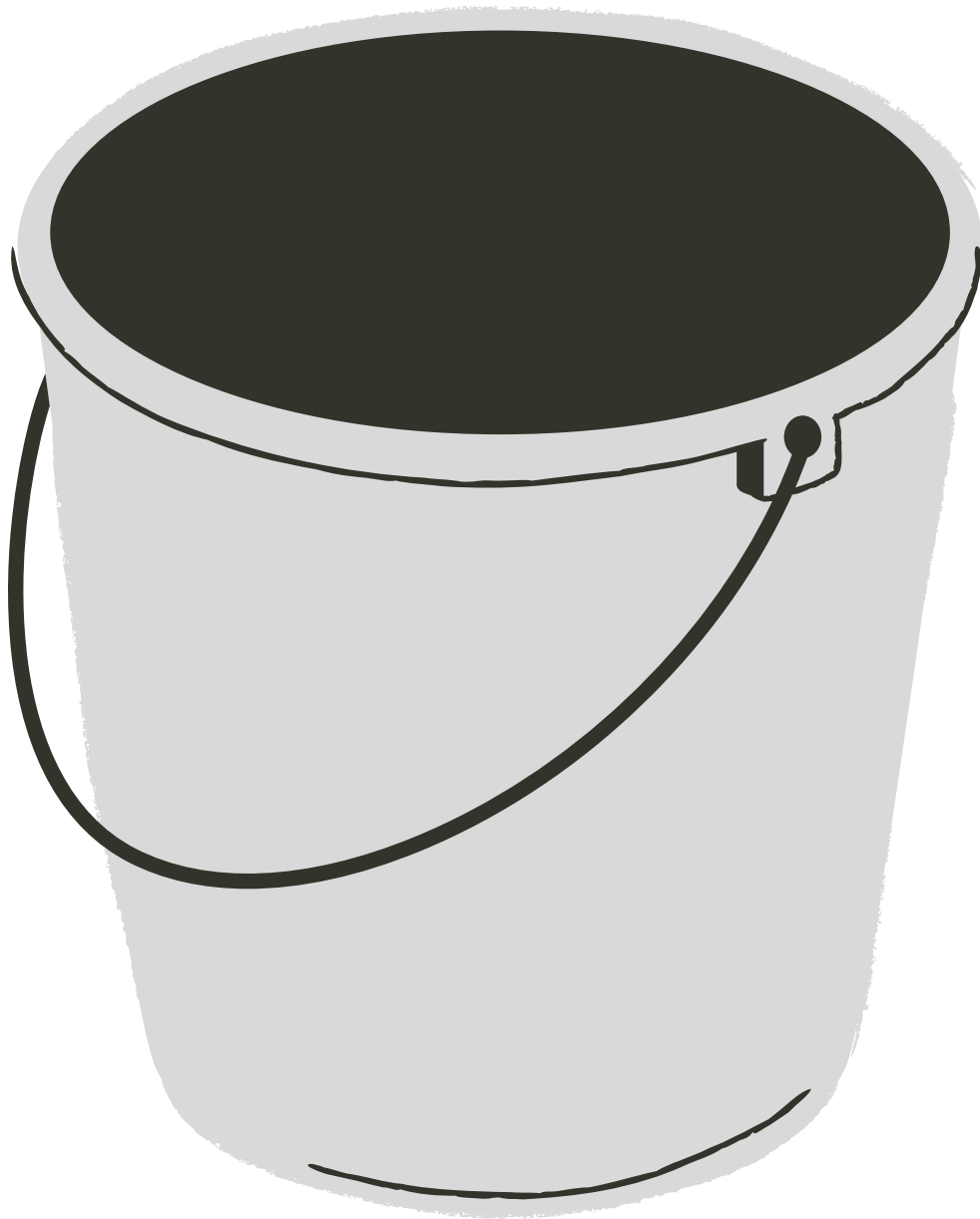
Friends

Family

Finance

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Gratitude Bucket



The 5 Minute Journal

Date:

People I Am Grateful For

What I Love About My Body

Wonderful Things That Happened

Achievements	

Going Forward

Things I'm Excited About

☐☐☐☐☐☐☐☐☐☐☐☐☐

Thoughts & Notes

Things To Let Go

☐☐☐☐☐☐☐

The 7 Minute Journal

Monday

Today I Am Grateful For.....

What I Appreciate Most About this Moment.....

One Way I Am Already Living The Life I Want.....

Someone Who Given Me Hope On A Bad Day

The 7 Minute Journal

Tuesday

Today I Am Grateful For.....

Something Or Someone That Makes Me Smile Like A Kid Again.....

Something I Get To Do Today That I Have Always Wanted To.....

Someone Who Given Me Hope On A Bad Day

The 7 Minute Journal

Wednesday

Today I Am Grateful For.....

Something Or Someone That Makes Me Smile Like A Kid Again.....

One of the best parts about being me.....

A Valuable Lesson I Learned From A Difficult Situation

The 7 Minute Journal

Thursday

Today I Am Grateful For.....

One Way My Life Is Better Now Than I Ever Expected It To Be.....

One Beautiful Reason To Be Happy Right Now.....

So Far What I Love The Most About Today

The 7 Minute Journal

Friday

Today I Am Grateful For.....

Someone Who Helped Me To Get To Where I Am Today....

Something Great About Today That Makes Me Look Forward To

**A Challenging Experience That Helped Me
Grow Into A Better Version Of Myself**

The 7 Minute Journal

Saturday

Today I Am Grateful For.....

Something In My Life That Makes It Worth Living

A New Door That Opened For Me Recently

Something That Worked Out Much Better Than I'd Hoped

The 7 Minute Journal

Sunday

Today I Am Grateful For.....

A Person, Place or Thing That Makes My Life Happier

A Second Chance I Have Been Given

One Reason My Life Is Already Great.....

Bedtime Reflection

Good Things That Happened Today

Things I Did To Make A Positive Difference Today

How I Feel Today

A Positive Thought To Carry Me To Sleep

Year End Reflection

How Was This Year	My Favorite Moment This Year
Gratitude For	Challenges
Areas Of Improvement	What Went Well
How To Set Up For Success Next Year	

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*Thank
You*