

Daily gratitude journal

Date: ____ / ____ / 20 ____

“Gratitude is the appreciation of what is valuable and meaningful to oneself; it is a general state of thankfulness and/or appreciation.”



Morning

Daily affirmation:

(a positive statement or reminder about myself)

I am... _____

Three things I'm grateful for:

1. _____
2. _____
3. _____



Evening

Three positive things that happened today:

1. _____
2. _____
3. _____

Reference: Sansone, R. A., & Sansone, L. A. (2010). Gratitude and well being: The benefits of appreciation. *Psychiatry*, 7(11), 18–22.