Gratitude Journal

List what you’re thankful for!

Date:

Date:

Date:

Date:
GRATITUDE

What are you thankful for?
How does being thankful make you feel?
What animal are you grateful for?
What does gratitude mean to you?
YOU MUST FILL YOUR BUCKET BEFORE YOU CAN FILL OTHERS

Mind:

Write yourself a love letter. Remind yourself how worthy you are.

Count your blessings, write 10 things you are grateful for.

Re-read your favorite book.

Create a vision board for your dreams.

Body:

Pamper yourself. Take time for yourself doing anything you enjoy.

Take a 30 minute walk in nature.

Try relaxing, yoga, or an empowering workout.

Nourish your body with a nutritious meal.

Soul:

Create loving, positive affirmations for yourself.

Slow down and be present and mindful.

Make a list of 10 things you love about yourself.

Unplug for a whole day from any technology.

Adapted from emmygination.com