

Gratitude Journal Worksheet

Instructions: Use this worksheet to practice daily gratitude journaling. Write down three things you are grateful for and reflect on their impact.

Daily Gratitude:

1. Today, I am grateful for: _____
2. Today, I am grateful for: _____
3. Today, I am grateful for: _____

Reflection:

1. Why am I grateful for these things?

2. How do they positively impact my life?
