

Kindness

→ BEGINS →

← WITH ←

Me

5 Minute Daily Gratitude Journal

Designed by
Intentionally Prepared
Teacher

Daily Gratitude Journal

This Journal Belongs to:

“Gratitude
turns what we have
into enough”

As you begin building your habit of reflection, take time to reflect on the important people and quotes you recognize right now in this moment of time.

Who are people you are grateful for?

 _____

 _____

 _____



What are habits you want to break from as you begin your new reflective habit?

 _____

 _____

 _____

gratitude
the quality of being thankful;
readiness to show appreciation
for and to return kindness.

Weekly Affirmation: I AM _____

Today I am grateful for... ____/____/____

 _____

 _____

 _____



Today I am grateful for... ____/____/____

 _____

 _____

 _____



Today I am grateful for... ____/____/____

 _____

 _____

 _____

"start each day with a positive thought and a grateful heart."
-Roy T. Bennett

Today I am grateful for...

___/___/___









Today I am grateful for...

___/___/___









Today I am grateful for...

___/___/___









As you reflect today, what are you most grateful for at this moment in your life?







"At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."
- Albert Schweitzer

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"gratitude turns what we have into enough."
- unknown

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"Gratitude is the fairest blossom which springs from the soul."
- Henry Ward Beecher

Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul." - Amy Collette

Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts." - Henri Frederic Amiel

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude." - Denis Waitley

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude."
- Alfred North Whitehead

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









"The more grateful I am, the more beauty I see."
- Mary Davis

Today I am grateful for... ___/___/___




Today I am grateful for... ___/___/___




Today I am grateful for... ___/___/___

Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___

"Two kinds of gratitude: The sudden kind we feel for what we take;
the larger kind we feel for what we give."
- Edwin Arlington Robinson

Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___

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Today I am grateful for... ___/___/___

Today I am grateful for... ___/___/___

Today I am grateful for... ___/___/___

Today I am grateful for... ___/___/___

"You cannot do a kindness too soon because you never know how soon it will be too late."
- Ralph Waldo Emerson

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you."
- Eileen Caddy

Weekly Affirmation: I AM _____

Today I am grateful for... ____/____/____









Today I am grateful for... ____/____/____









Today I am grateful for... ____/____/____







Today I am grateful for... ____/____/____









Today I am grateful for... ____/____/____









Today I am grateful for... ____/____/____







"The deepest craving of human nature is the need to be appreciated."
- William James

Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___

Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has."
- Epictetus

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend." — Melody Beattie

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___








"Being thankful is not always experienced as a natural state of existence, we must work at it, akin to a type of strength training for the heart." - Larissa Gomez

Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___




Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___

Today I am grateful for... ___/___/___

"Today I choose to live with gratitude for the love that fills my heart,
the peace that rests within my spirit, and the voice of hope that
says all things are possible."
- Anonymous

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul."
- Rabbi Harold Kushner

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."
- Oprah Winfrey

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___








"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." - John F. Kennedy

Weekly Affirmation: I AM _____

Today I am grateful for... ____/____/____




Today I am grateful for... ____/____/____



Today I am grateful for... ____/____/____



Today I am grateful for... ____/____/____



Today I am grateful for... ____/____/____

Today I am grateful for... ____/____/____

"Train yourself never to put off the word or action for the expression of gratitude." - Albert Schweitzer

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"gratitude is an antidote to negative emotions, a neutralizer of envy, hostility, worry, and irritation. It is savoring; it is not taking things for granted; it is present-oriented."
- Sonja Lyubomirsky

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for."
-zig zigar

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"Enjoy the little things, for one day you may look back and realize they were the big things."
-Robert Brault

Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___

Today I am grateful for... ___/___/___

"Feeling gratitude and not expressing it is like wrapping a present and not giving it." -William Arthur Ward

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"The way to develop the best that is in a person is by appreciation and encouragement." -Charles Schwab

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"When I started counting my blessings, my whole life turned around."
-Willie Nelson

Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___

Today I am grateful for... ___/___/___

Today I am grateful for... ___/___/___

Today I am grateful for... ___/___/___

Today I am grateful for... ___/___/___

Today I am grateful for... ___/___/___

"The roots of all goodness lie in the soil of appreciation for goodness."
-Dalai Lama

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."
-Albert Einstein

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"None is more impoverished than the one who has no gratitude.
Gratitude is a currency that we can mint for ourselves, and spend
without fear of bankruptcy."
-Fred De Witt van Amburgh

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







I don't have to chase extraordinary moments to find happiness - it's right in front of me if I'm paying attention and practicing gratitude."
- Brene Brown

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"Joy is the simplest form of gratitude."
- Karl Barth

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"Remember that what you now have was once among the things that you had hoped for." - Epicurus

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend." — Melody Beattie

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving."
-W. T. Purkiser

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"When it comes to life the critical thing is whether you take things for granted or take them with gratitude."
— G.K. Chesterton

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"Forget yesterday-it has already forgotten you. Don't sweat tomorrow-you haven't even met. Instead, open your eyes and your heart to a truly precious gift-today."
-Steve Maraboli

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"God gave you a gift of 84,600 seconds today. Have you used one of them to say thank you?"
- William Arthur Ward

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









"The more grateful I am, the more beauty I see."
- Mary Davis

Today I am grateful for... ___/___/___




Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___

Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___

"Gratitude and attitude are not challenges; they are choices."
- Robert Braathe

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude."
- A.A. Milne in Winnie-the-Pooh

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"The real gift of gratitude is that the more grateful you are, the more present you become."
- Robert Holden

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"Showing gratitude is one of the simplest yet most powerful things humans can do for each other."
- Randy Pausch

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven."
- Johannes Gaertner

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in."
- Kristin Armstrong


Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___



Weekly Affirmation: I AM _____


Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___



Today I am grateful for... ___/___/___



"Now is no time to think of what you do not have. Think of what you can do with what there is."
- Ernest Hemingway

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







"We often take for granted the very things that most deserve our gratitude." - Cynthia Ozick

Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___







Weekly Affirmation: I AM _____

Today I am grateful for... ___/___/___









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"No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude."
- Alfred North Whitehead

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Today I am grateful for... ___/___/___









Today I am grateful for... ___/___/___



