



## Gratitude Journal

Gratitude for...	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Friend							
Family member							
Event at Work							
A meal							
Cherished memory							

Name a specific event or item that falls under each of these categories. Examples include being able to walk up the stairs (physical health), a scene from a comedy show (laughter), learning about a new phone app (lesson learned), etc.



## Gratitude Journal

Gratitude for...	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lesson learned							
Something that made me laugh							
Physical health							
Other							

Name a specific event or item that falls under each of these categories. Examples include being able to walk up the stairs (physical health), a scene from a comedy show (laughter), learning about a new phone app (lesson learned), etc.