30 DAY GRATITUDE

journal

Become more positive every day with a gratitude practice.

Why?

Shifting your mindset in this way truly transforms your life for the better.

Try it for 30 days and you'll never want to stop.

This journal provides a daily prompt and inspiration to guide your practice and help make gratitude part of your everyday life.

TODAY I AM GRATEFUL FOR…

Date: _____

1. Who in your family are you grateful for?

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"Gratitude is the single most important ingredient to living a successful and fulfilled life."

Jack Canfield

TODAY I AM GRATEFUL FOR…

Date: _____

2. What is great about your town or region?

"The more you praise and celebrate your life, the more there is in life to celebrate."

Oprah Winfrey

TODAY I AM GRATEFUL FOR...

Date: ___________

3. What do you love about your culture?

"What a precious privilege it is to be alive - to breathe, to think, to enjoy, to love."

Marcus Aurelius

TODAY I AM GRATEFUL FOR…

Date: _____

4. What hobbies do you love?

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

Melody Beattie

TODAY I AM GRATEFUL FOR…

Date: _____

5. Which music makes you happy?

"The more grateful I am, the more beauty I see."

Mary Davis

TODAY I AM GRATEFUL FOR…

Date: _____

6. What makes you grateful about your health?

"The soul that gives thanks can find comfort in everything."

Hannah Whitall Smith

TODAY I AM GRATEFUL FOR…

Date: _____

7. Who has helped you in the past?

"Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary."

Margaret Cousins

TODAY I AM GRATEFUL FOR…

Date: _____

8. What makes you grateful about your home?

"Truly appreciate life, and you'll find that you have more of it."

Ralph Marston

TODAY I AM GRATEFUL FOR…

Date: _____

9. What makes you grateful about the food you eat?

"Gratitude is one of the most medicinal emotions we can feel. It elevates our moods and fills us with joy."

Sara Avant Stover

TODAY I AM GRATEFUL FOR…

Date: _____

10. What do friends add to your life?

"Happiness is the spiritual experience of living every minute with love, grace, and gratitude."

Denis Waitley

TODAY I AM GRATEFUL FOR…

Date: _____

11. What does being able to read give you?

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

Amy Collette

TODAY I AM GRATEFUL FOR…

Date: _____

12. What do your senses do for you?

"If there is gratitude in your heart, then there will be tremendous sweetness in your eyes."

Sri Chinmoy

TODAY I AM GRATEFUL FOR…

Date: _____

13. What lessons from the past are you grateful for?

"Gratitude is an antidote to negative emotions, a neutralizer of envy, hostility, worry, and irritation."

Sonja Lyubomirsky

TODAY I AM GRATEFUL FOR…

Date: _____

14. What fun times have you enjoyed?

"Gratitude unlocks all that's blocking us from really feeling truthful, really feeling authentic and vulnerable and happy."

Gabrielle Bernstein

TODAY I AM GRATEFUL FOR…

Date: _____

15. What makes you grateful about your bed?

"The miracle of gratitude is that it shifts your perception to such an extent that it changes the world you see."

Dr. Robert Holden

TODAY I AM GRATEFUL FOR…

Date: _____

16. Which teachers are you grateful for?

"When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow."

Shauna Niequist

TODAY I AM GRATEFUL FOR…

Date: _____

17. What do you love about your own personality?

"Gratitude paints little smiley faces on everything it touches."

Richelle E. Goodrich

TODAY I AM GRATEFUL FOR…

Date: _____

18. What do you love about your country?

"Joy is what happens to us when we allow ourselves to recognize how good things really are."

Marianne Williamson

TODAY I AM GRATEFUL FOR…

Date: _____

19. What possessions do you love?

"To be grateful is to find blessings in everything. This is the most powerful attitude to adopt, for there are blessings in everything."

Alan Cohen

TODAY I AM GRATEFUL FOR…

Date: _____

20. Which movies or TV shows make you happy?

"When we are grateful, life gives us even more reasons to be grateful."

LaTisha Cotto

TODAY I AM GRATEFUL FOR…

Date: _____

21. What can you do physically that you are glad about (walk, dance, swim, sing etc.)?

"Thanks are the highest form of thought; and gratitude is happiness doubled by wonder."

G.K. Chesterton

TODAY I AM GRATEFUL FOR…

Date: _____

22. What does your brain do for you?

"Gratitude bestows reverence...changing forever how we experience life and the world."

John Milton

TODAY I AM GRATEFUL FOR…

Date: _____

23. What does having access to a computer do for you?

"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…

Date: _____

24. What comfort do you get from your beliefs?

"When gratitude becomes an essential foundation in our lives, miracles start to appear everywhere."

Emmanuel Dalgher

Today I am grateful for...

Date: ___________

25. What makes you grateful about each month or season of the year?

"Gratitude can transform common days into thanksgiving... and change ordinary opportunities into blessings."

William Arthur Ward

TODAY I AM GRATEFUL FOR…

Date: _____

26. What good things happened this week?

"Gratitude turns what we have into enough."

Aesop

TODAY I AM GRATEFUL FOR...

Date: ___________

27. What places are you glad you've visited?

"Once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack."

Germany Kent

TODAY I AM GRATEFUL FOR…

Date: _____

28. What do you love about being free and independent?

"Gratitude for the present moment and the fullness of life now is the true prosperity."

Eckhart Tolle

TODAY I AM GRATEFUL FOR…

Date: _____

29. What are you happy you have now that you didn't have last year/five years ago?

"Gratitude helps you to grow and expand; it brings joy and laughter into your life and into the lives of those around you."

Eileen Caddy

TODAY I AM GRATEFUL FOR…

Date: _____

30. What are you grateful for today?

"Wear gratitude like a cloak and it will feed every corner of your life."

Rumi