Daily Gratitude Journal

Preview: file inventory and watermarked sample pages. Not the full product.

Files in the download

Daily-Gratitude-Journal-Printable-Letter.pdf
Printable edition, US Letter portrait, 100 pages, 0.65 in margins.

Daily-Gratitude-Journal-Digital-Hyperlinked.pdf
Hyperlinked digital edition, landscape 4:3 for tablets, 100 pages with side tabs and 706 internal links.

Daily-Gratitude-Journal-User-Guide.pdf
How to print, how to navigate the digital edition, and tips (1 pages).

README.txt
Quick start and license summary.

How to use this journal

A FEW MINUTES A DAY

- Write at the same time each day - with morning coffee or just before bed works for most people.
- Be specific. 'My sister texted to check on me after my interview' is more vivid than 'family'.
- Try not to repeat yesterday's three things; looking for new ones is the point of the practice.
- Each day has its own prompt (90 in total, none repeated). Answer it in a sentence or a page.
- Undated pages: if you miss a day, just continue on the next page.
- Every 30 days there is a reflection page, and a 90-day tracker to colour in each day you write.

SAMPLE

WHY I'M STARTING THIS JOURNAL

Day 1

Date _____ **Today I feel** _____

THREE THINGS I'M GRATEFUL FOR TODAY

TODAY'S PROMPT

Who made you smile recently, and what did they do?

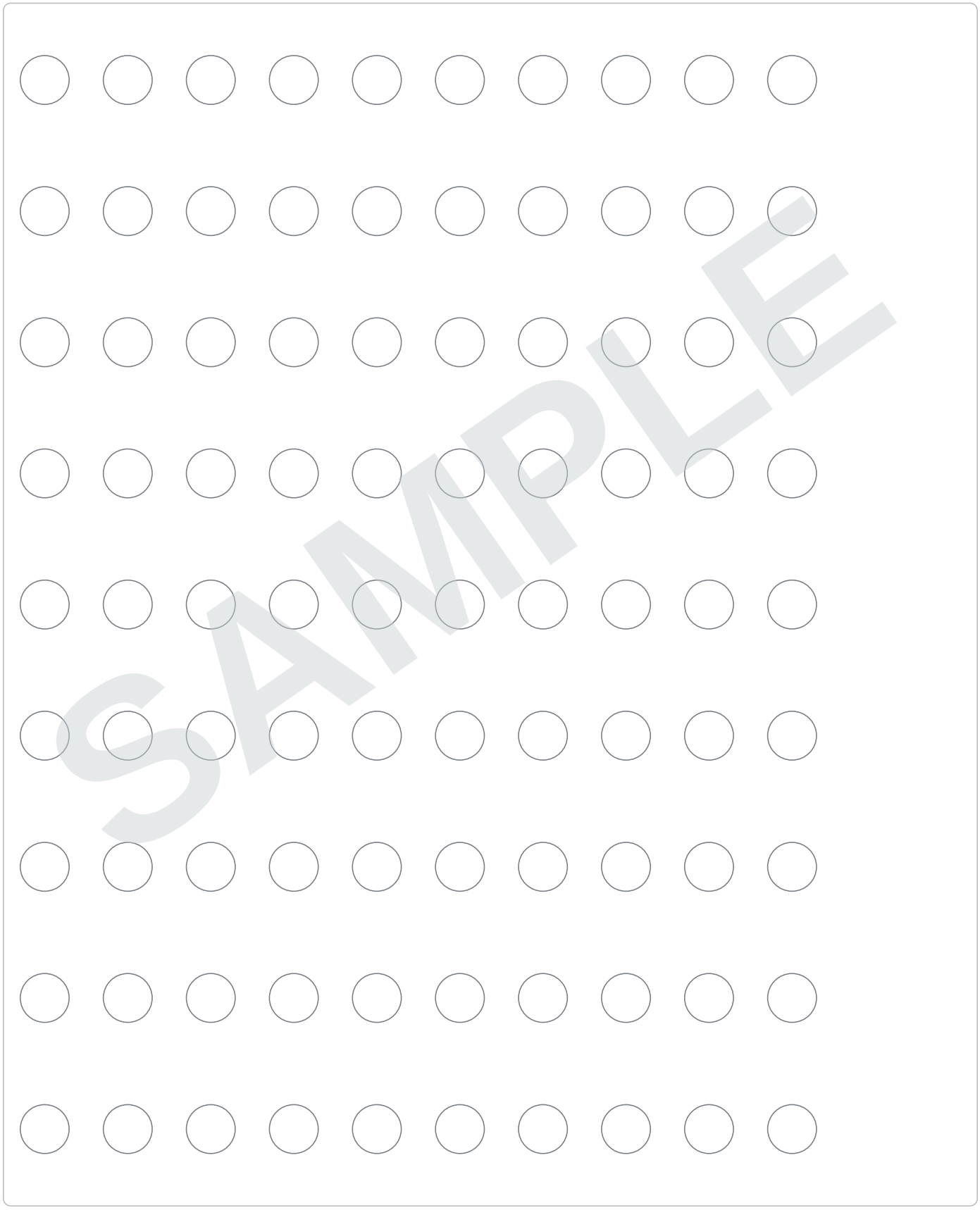
THE BEST PART OF TODAY

Mood ① ② ③ ④ ⑤

SAMPLE

90-day gratitude tracker

Colour in one circle for each day you write



Day 1

Date _____ Today I feel _____

THREE THINGS I'M GRATEFUL FOR TODAY

TODAY'S PROMPT

Who made you smile recently, and what did they do?

THE BEST PART OF TODAY

Mood 1 2 3 4 5

SAMPLE