

# Gratitude Journaling

We are all susceptible to burnout, from juggling our own priorities to family, kids, pets, jobs, to-do lists, self-care, school, promises, appointments...the list goes on. Burnout can be physical as well as emotional and mental. A mental mindset muscle that I have been flexing (because it does take work) is GRATITUDE.

Our minds are powerful, what thoughts are on your mind and what emotions do they evoke? The mind is connected to the body and our emotions affect our health. Practicing gratitude is one of the most powerful ways to put you in control of your emotions and lift your mood.

When you walk in gratitude and love, it is impossible for you to have negative emotions. They cannot thrive at the same time. It does take practice, but what has worked for me is to start my day with thank you – and taking 5 minutes to write down 3 things I am grateful for while getting some morning sun, water, and coffee.

I am taking responsibility for my emotional state and doing what I can to keep mental & physical fatigue at bay.

I created the following gratitude journaling pages with prompts to help you get started as you set out on your healing journey.



*Sophia*

# **DAILY GRATITUDE REFLECTION**

Date \_\_\_\_\_

WRITE DOWN ONE GOOD THING THAT HAPPENED TO YOU TODAY.

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

# ***DAILY GRATITUDE REFLECTION***

Date \_\_\_\_\_

**NAME 5 THINGS YOU ARE DOING WELL CURRENTLY.**

---

---

---

**ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:**

---

**NOTES:**

# **DAILY GRATITUDE REFLECTION**

Date \_\_\_\_\_

WHAT ARE IRRITATIONS IN YOUR LIFE THAT COULD USE A CHANGE IN PERSPECTIVE? HOW CAN THAT CHANGE HAVE A POSITIVE EFFECT ON YOUR LIFE?

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

# **DAILY GRATITUDE REFLECTION**

Date \_\_\_\_\_

WHAT FRIENDS ARE YOU MOST GRATEFUL FOR HAVING? LIST WHAT MAKES EACH FRIEND SPECIAL.

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

# **DAILY GRATITUDE REFLECTION**

Date \_\_\_\_\_

**NAME 3 THINGS THAT YOU CAN START DOING  
TODAY TO EXPRESS YOUR GRATITUDE TO OTHERS.**

---

---

---

**ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:**

---

**NOTES:**

# **DAILY GRATITUDE REFLECTION**

Date \_\_\_\_\_

WHAT ABOUT NATURE ARE YOU GRATEFUL FOR?

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

Large light blue rectangular area for notes.

# ***DAILY GRATITUDE REFLECTION***

Date \_\_\_\_\_

WHAT MEALS DO YOU MOST ENJOY MAKING OR EATING?

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

Large light blue rectangular area for notes.



# **DAILY GRATITUDE REFLECTION**

Date \_\_\_\_\_

LIST 5 THINGS YOU LOVE ABOUT YOUR HOME.

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

Large light gray rectangular area for notes.

# **DAILY GRATITUDE REFLECTION**

Date \_\_\_\_\_

**NAME THREE THINGS THAT HAVE HAPPENED TO YOU THAT HAVE STRENGTHENED YOUR CHARACTER AND WHO YOU ARE TODAY.**

---

---

---

**ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:**

---

**NOTES:**

# ***DAILY GRATITUDE REFLECTION***

Date \_\_\_\_\_

**THREE LESSONS I'M GRATEFUL TO HAVE LEARNED ARE:**

---

---

---

**ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:**

---

**NOTES:**

# ***DAILY GRATITUDE REFLECTION***

Date \_\_\_\_\_

THE PEOPLE I AM MOST GRATEFUL FOR ARE:

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

Large light blue rectangular area for notes.

# **DAILY GRATITUDE REFLECTION**

Date \_\_\_\_\_

**WHAT ARE THREE REASONS YOU'RE EXCITED ABOUT TOMORROW?**

---

---

---

**ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:**

---

**NOTES:**

Large light blue rectangular area for notes.

# **DAILY GRATITUDE REFLECTION**

Date \_\_\_\_\_

WHAT ABOUT THIS TIME OF YEAR MAKES YOU FEEL MOST GRATEFUL?

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

# **DAILY GRATITUDE**

## **REFLECTION**

Date \_\_\_\_\_

DESCRIBE A MOMENT IN YOUR LIFE WHEN YOU PUSHED PAST YOUR FEAR AND SUCCEEDED IN SOMETHING YOU WEREN'T SURE YOU COULD DO. HOW DID IT MAKE YOU FEEL?

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:



SOPHIA CRYSTAL  
*Wellness*

# ***DAILY GRATITUDE REFLECTION***

Date \_\_\_\_\_

WHAT RISKS HAVE YOU TAKEN THAT YOU FEEL  
REALLY GRATEFUL YOU TOOK?

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:



# **DAILY GRATITUDE REFLECTION**

Date \_\_\_\_\_

**WHAT'S YOUR FAVORITE WAY TO SPREAD CHEER TO OTHERS?**

---

---

---

**ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:**

---

**NOTES:**

Large light blue rectangular area for notes.

# **DAILY GRATITUDE REFLECTION**

Date \_\_\_\_\_

WHAT'S ONE POSITIVE HABIT YOU'VE STARTED THAT YOU'RE GRATEFUL FOR?

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

Large light gray rectangular area for notes.

# **DAILY GRATITUDE REFLECTION**

Date \_\_\_\_\_

LOOK AROUND THE SPACE YOU'RE IN RIGHT NOW.  
DESCRIBE ALL THE THINGS AROUND YOU THAT YOU  
FEEL GRATEFUL FOR.

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

# **DAILY GRATITUDE REFLECTION**

Date \_\_\_\_\_

NAME ONE PERSON YOU DON'T KNOW PERSONALLY WHO INSPIRES YOU. WHY ARE YOU GRATEFUL FOR THIS PERSON'S PRESENCE?

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

# **DAILY GRATITUDE REFLECTION**

Date \_\_\_\_\_

WHAT'S ONE THING YOU HAVE TODAY THAT YOU  
DIDN'T HAVE A YEAR AGO?

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

Large light blue rectangular area for notes.

# ***DAILY GRATITUDE REFLECTION***

Date \_\_\_\_\_

WHAT DOES GRATITUDE MEAN TO YOU?

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

Large light gray rectangular area for notes.

# ***DAILY GRATITUDE***

## ***REFLECTION***

Date \_\_\_\_\_

WRITE ABOUT YOUR FAVORITE PLACE THAT BRINGS YOU PEACE AND TRANQUILITY WITHIN. WHAT ABOUT THIS PLACE MAKES YOU FEEL MOST GRATEFUL?

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

# **DAILY GRATITUDE REFLECTION**

Date

LIST EVERYTHING THAT MAKES YOU FEEL HAPPY  
RIGHT NOW.

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

Large light gray rectangular area for notes.



# **DAILY GRATITUDE**

## **REFLECTION**

Date \_\_\_\_\_

WHAT CHALLENGES ARE YOU CURRENTLY EXPERIENCING? HOW CAN YOU BRING MORE GRATITUDE TO THE SITUATION WHEN APPROACHING THESE CHALLENGES?

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES:

Large light blue rectangular area for notes.

# **DAILY GRATITUDE REFLECTION**

Date \_\_\_\_\_

HOW DOES PRACTICING GRATITUDE MAKE YOU FEEL? HOW CAN YOU BRING MORE GRATITUDE INTO YOUR DAILY LIFE?

---

---

---

ONE THING I APPRECIATE ABOUT MY BODY TODAY IS:

---

NOTES: