

## GRATITUDE JOURNALING

Date: \_\_\_\_\_

### 1. Three Things I'm Grateful for Today:

- 
- 
- 

### 2. Why These Mean So Much to Me:

- 
- 
- 

### 3. A Positive Experience from Today:

Describe a positive moment or experience that stood out to you today. It can be something big or small.

- 

### 4. A Challenge I Faced and What I Learned:

Reflect on a challenge you encountered and how it has helped you grow or gain perspective.

- 

### 5. Something I'm Looking Forward to Tomorrow:

- 

### 6. Affirmation for the Day:

Write a positive affirmation or mantra that resonates with you.

---

**Reflection:** Take a moment to reflect on what you've written. Notice how you feel after focusing on gratitude and positivity. How can you carry this feeling into tomorrow?