

5 Minute Gratitude Journal

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Name: _____

My Goal:

MONDAY

I am grateful for

I am grateful for this because

This made me feel

TUESDAY

I am grateful for

I am grateful for this because

This made me feel

WEDNESDAY

I am grateful for

I am grateful for this because

This made me feel

THURSDAY

I am grateful for

I am grateful for this because

This made me feel

FRIDAY

I am grateful for

I am grateful for this because

This made me feel

SATURDAY

I am grateful for

I am grateful for this because

This made me feel

SUNDAY

I am grateful for

I am grateful for this because

This made me feel

Additional Notes: