Gratitude Journal

DATE _____

MOOD ○ ○ ○ ○ ○

low meh okay good great

THREE GOOD THINGS THAT HAPPENED TODAY

Specific moments, no matter how small.

1

2

3

WHY DID THIS HAPPEN?

Understanding the cause helps you create more of it.

HOW IT FELT IN MY BODY

- [ ] Warmth in chest
- [ ] Lightness / energy
- [ ] Calm stillness
- [ ] Couldn't stop smiling
- [ ] Other:
- [ ]

TOMORROW I WILL

Gratitude turns what we have into enough.

Gratitude Journal

DATE *June 9*

MOOD low · meh · okay · good · great

THREE GOOD THINGS THAT HAPPENED TODAY

Specific moments, no matter how small.

1. *My colleague brought me coffee. She remembered I like oat milk.*
2. *Found a twenty in my jacket pocket from last winter.*
3. *The sunset was stunning — pink and orange across the whole sky. I stopped and watched.*

WHY DID THIS HAPPEN?

Understanding the cause helps you create more of it.

I try to be helpful to her too. Small kindnesses build a culture. The jacket money was luck, but it reminded me that past-me can surprise present-me.

HOW IT FELT IN MY BODY

- [x] Warmth in chest
- [ ] Lightness / energy
- [ ] Calm stillness
- [x] Couldn't stop smiling
- [ ] Other:
- [ ]

TOMORROW I WILL

Pay the coffee kindness forward. Bring donuts for the team.

Gratitude turns what we have into enough.