

# Daily Gratitude Journal



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

**Morning Reflection: Three things to be grateful for today:**

1.

2.

3.

**Thoughts: What thoughts or feelings are on your mind today?**

**Daily Wins: What went well today? Celebrate small victories.**

**Challenges: What obstacles or difficulties did you face?**

**Ideas & Insights: Any ideas, lessons, or realizations from today?**

**Goals for Tomorrow: Write one important goal or focus for tomorrow.**

**Free Writing Space: Write anything that comes to mind.**