

My
GRATITUDE
Journal

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

GRATITUDE IS
THE GATEWAY
TO A POSITIVE
LIFE.

A.D. Posey

Gratitude

IS THE
BEST

Attitude

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

*It is not happy
people who are*

THANKFUL

*It is thankful
people who are*

HAPPY



Be Grateful



For Life

*Not everyone
made it this far*

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNALS

Start each day
with a
positive thought
and a
grateful heart.

Roy T. Bennett

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

*Gratitude
unlocks the
fullness of life.*

Melody Beattie

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

A GRATEFUL



IS A MAGNET
FOR MIRACLES

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

“To me, beauty is
about being
comfortable in your
own skin. It’s about
knowing and
accepting who you
are.”

Ellen Degeneres

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

There is
always
something to be
thankful for

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

WHEN YOU ARE
grateful,
FEAR DISAPPEARS AND
abundance APPEARS.

Tony Robbins

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

INHALE

love

EXHALE

gratitude

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL



*It is not joy that
makes us
grateful
It is gratitude
that makes us
joyful*

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

BE

in love

WITH YOUR LIFE.

EVERY DETAIL OF IT.

Jack Kerouac

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

Gratitude is
RICHES
Complaint is
POVERTY

Doris Day

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

WE CAN ONLY BE
SAID TO BE ALIVE
IN THOSE
MOMENTS, WHERE
OUR HEARTS ARE
CONSCIOUS OF OUR
TREASURES.

Thornton Wilder

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

GRATITUDE
TURNS
what we have
INTO
ENOUGH

Aesop

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

GRATITUDE
HELPS US TO SEE WHAT
is there
INSTEAD OF WHAT
isn't

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

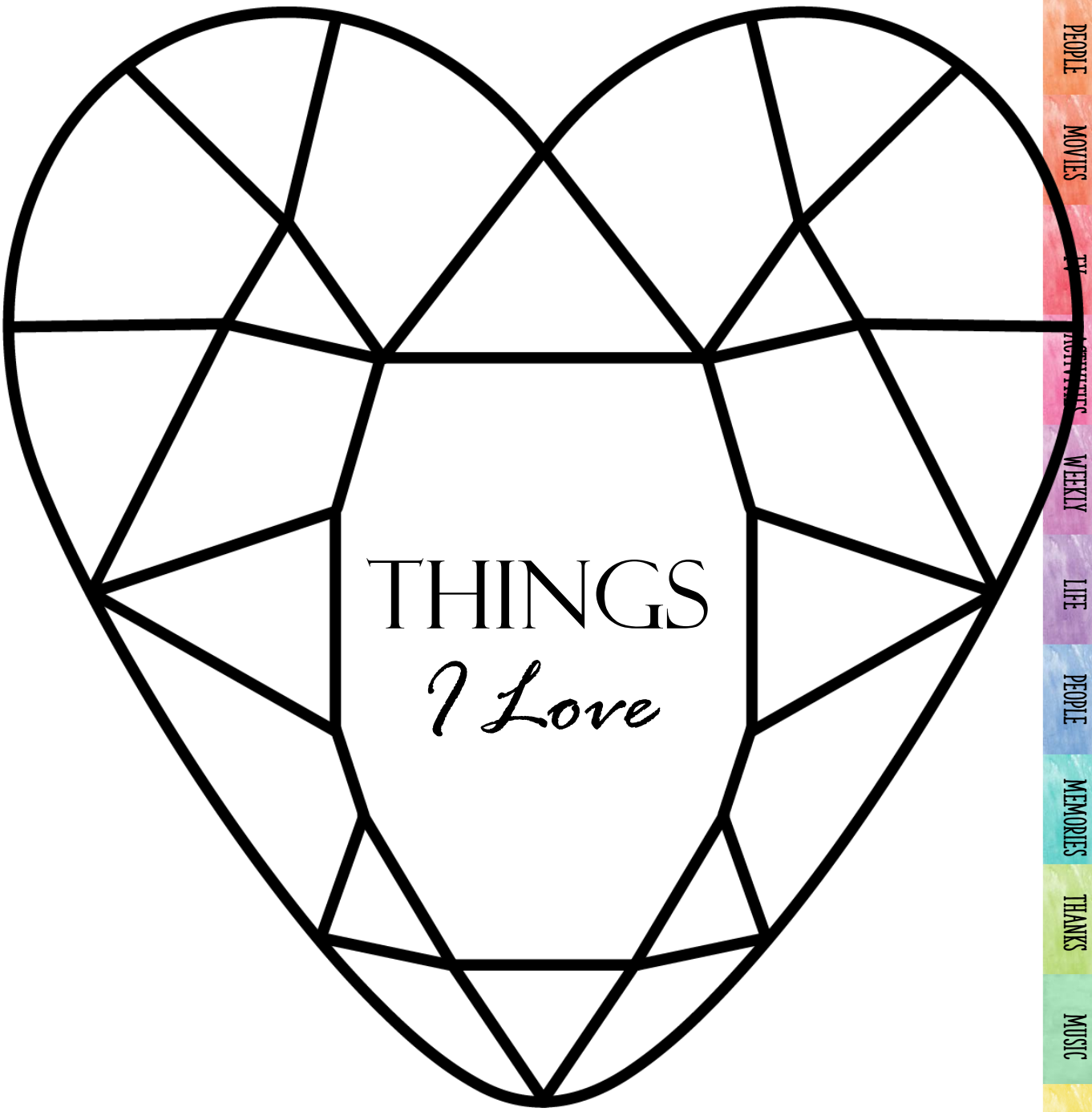
MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL



QUOTES

BOOKS

PEOPLE

MOVIES

TV

INTERESTING

WEEKLY

LIFE

PEOPLE

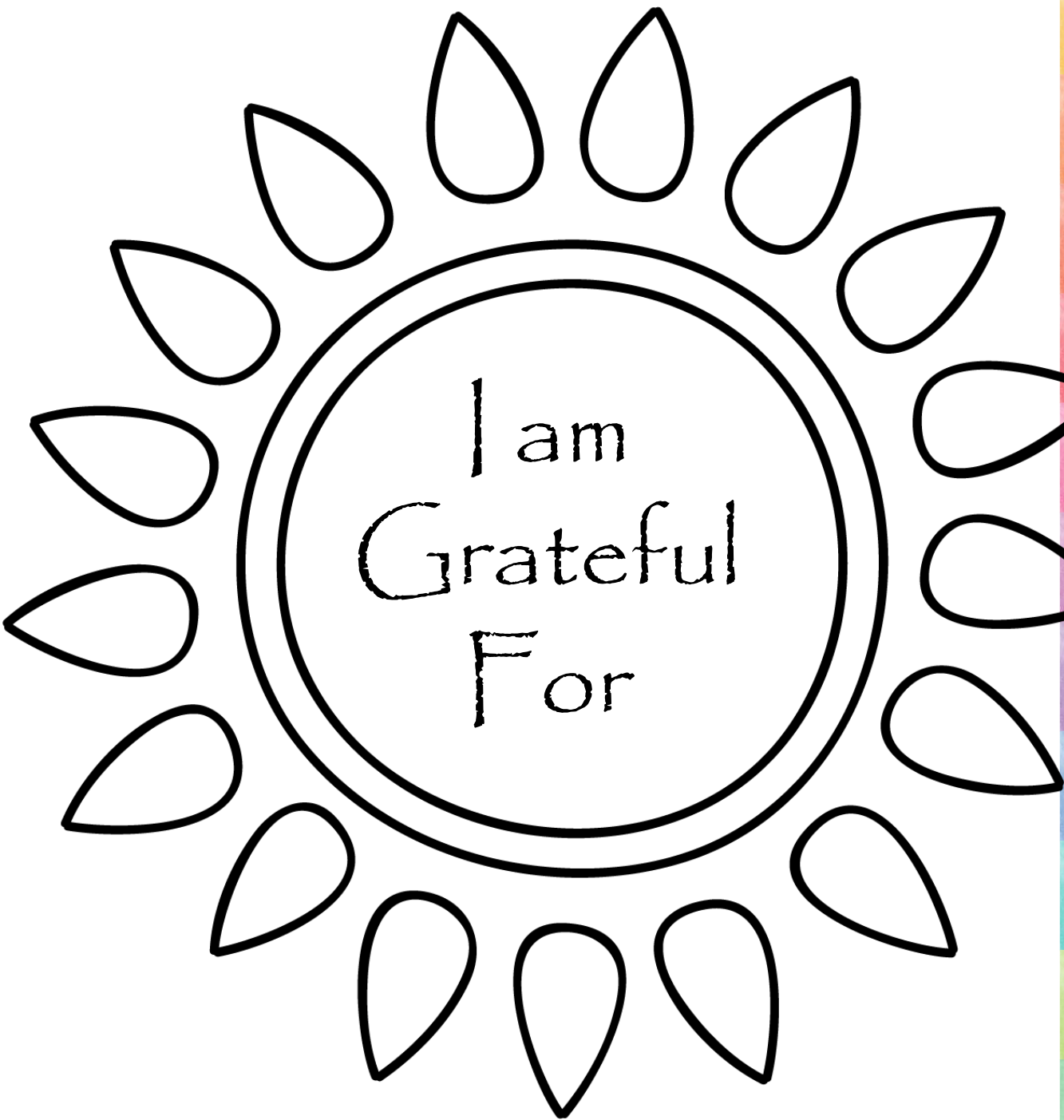
MEMORIES

THANKS

MUSIC

PROMPTS

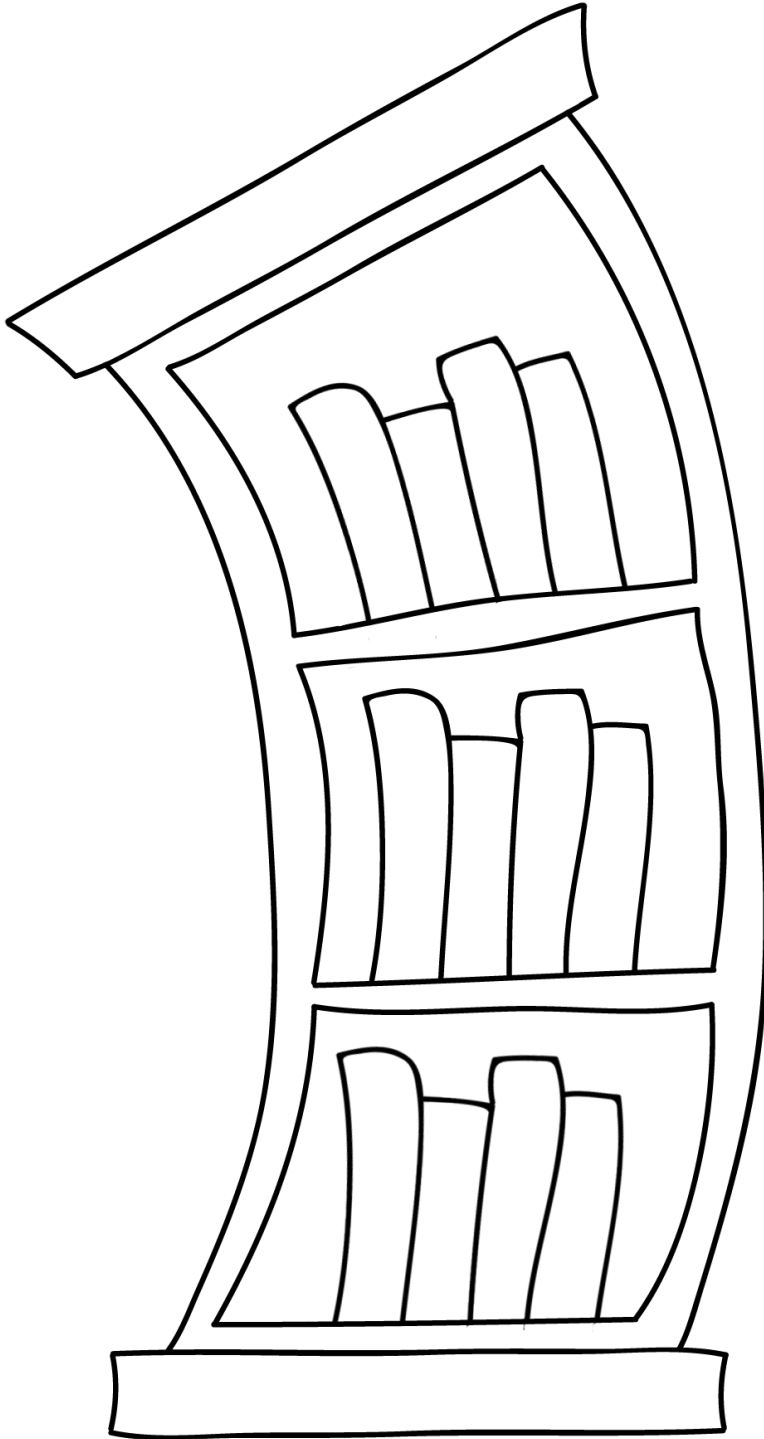
JOURNAL



- QUOTES
- BOOKS
- PEOPLE
- MOVIES
- TV
- ACTIVITIES
- WEEKEND
- LIFE
- PEOPLE
- MEMORIES
- THANKS
- MUSIC
- PROMPTS
- JOURNAL

BOOKS

I am Grateful For



QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

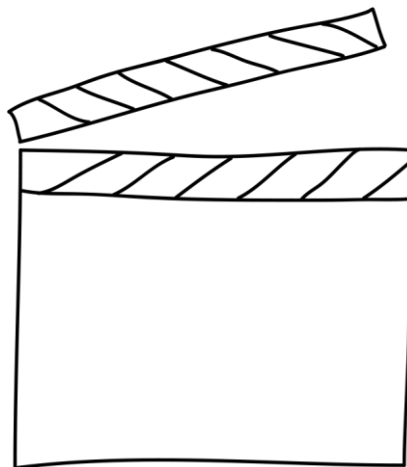
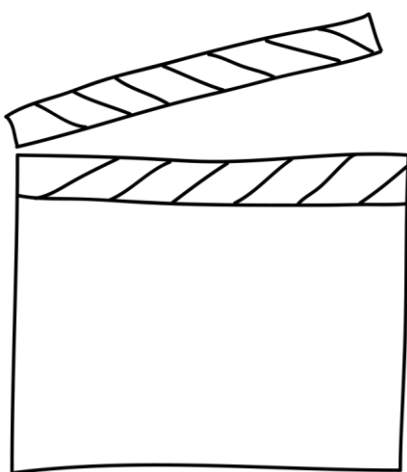
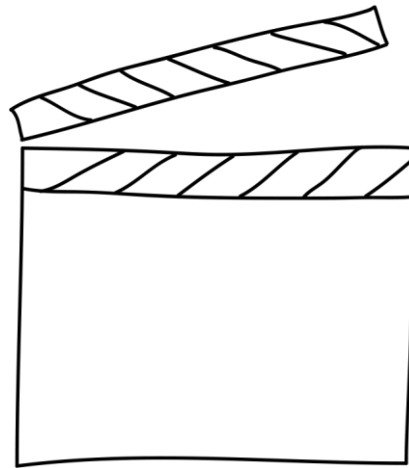
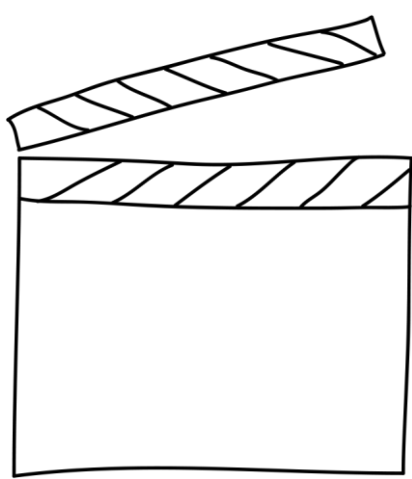
JOURNAL

PEOPLE

I am Grateful For

MOVIES

I am Grateful For



QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

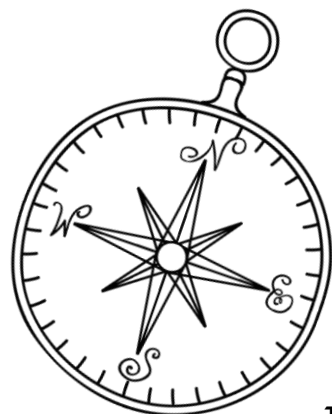
PROMPTS

JOURNAL

PLACES

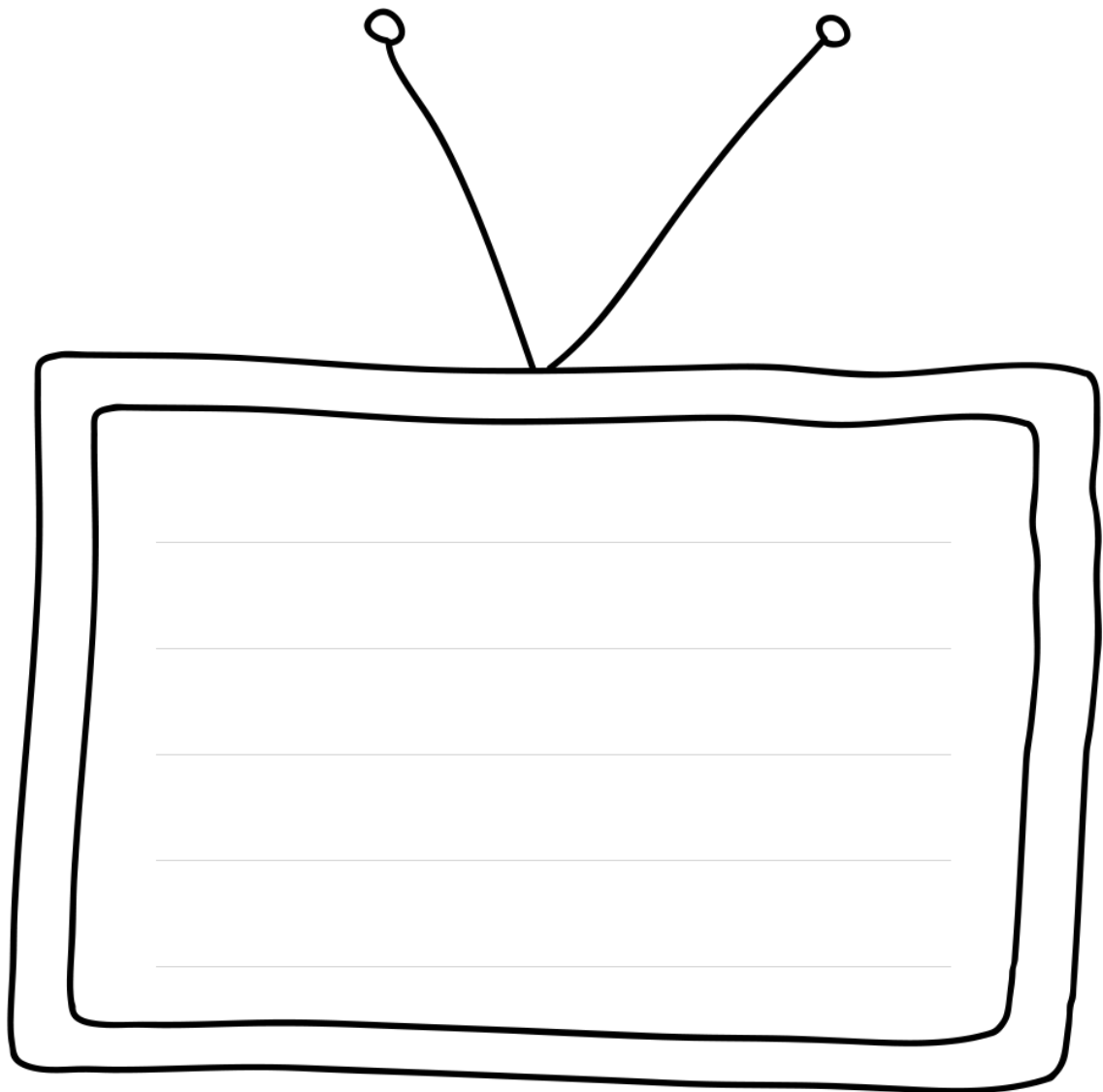
I enjoyed visiting

- _____
- _____
- _____
- _____
- _____



TV SHOWS

I enjoy watching



QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL



The activities that make me happy:

I will try to do them more often by



Grateful for:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Monday

Tuesday

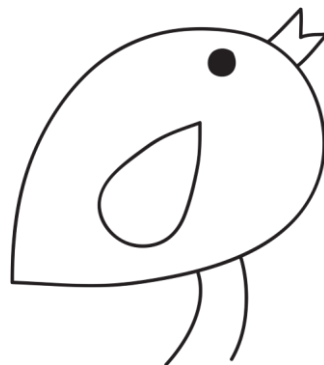
Wednesday

Thursday

Friday

Saturday

Sunday



Write something good that happened each day

Grateful for:

Monday

Tuesday

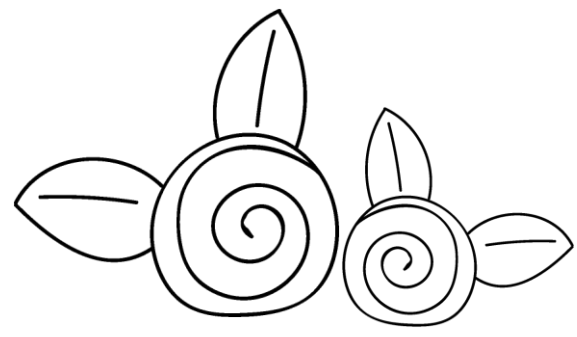
Wednesday

Thursday

Friday

Saturday

Sunday



Grateful for:

Monday

Tuesday

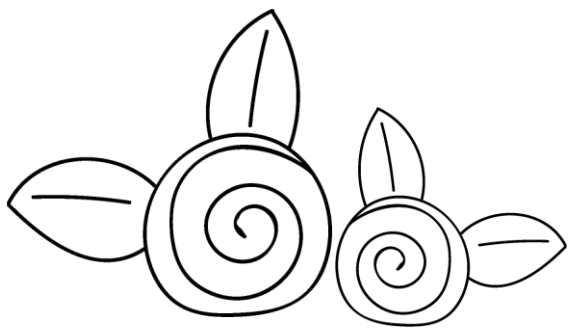
Wednesday

Thursday

Friday

Saturday

Sunday



Monday

Tuesday

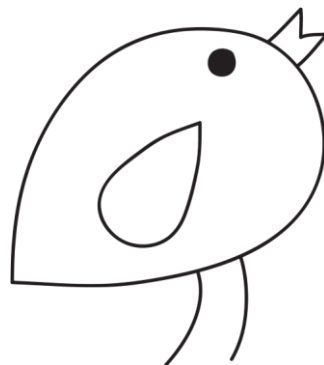
Wednesday

Thursday

Friday

Saturday

Sunday



Write something good that happened each day

Grateful for:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



THINGS I LOVE ABOUT MY LIFE

A 3x3 grid of nine square frames, each with a black and white filmstrip border. The frames are arranged in three rows and three columns, providing a space for writing or drawing. The filmstrip border consists of a thick black line with small white squares along its edges, mimicking the look of a film strip.

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ARTISTS

WEEKLY

ITEMS

DIET

MOVIES

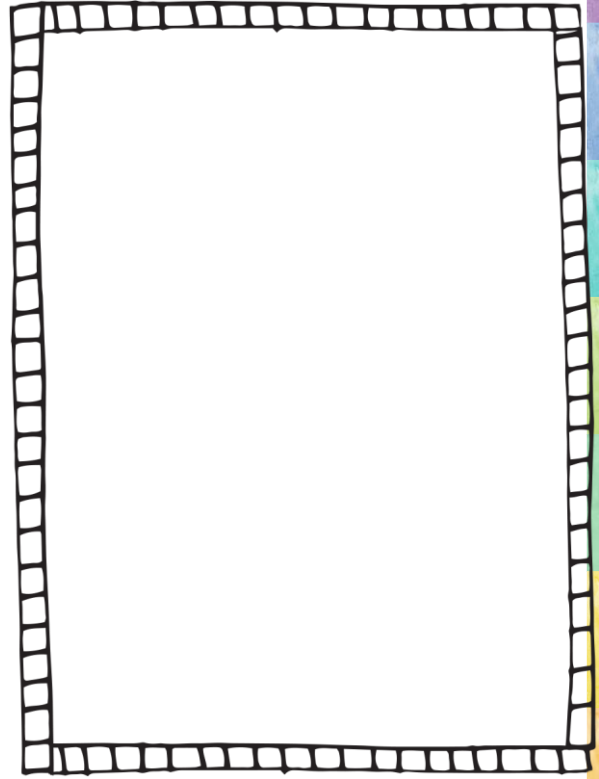
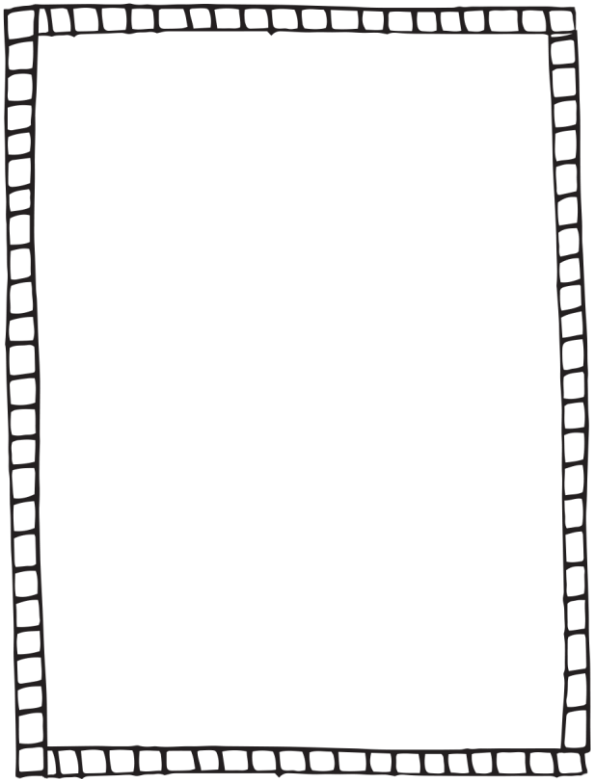
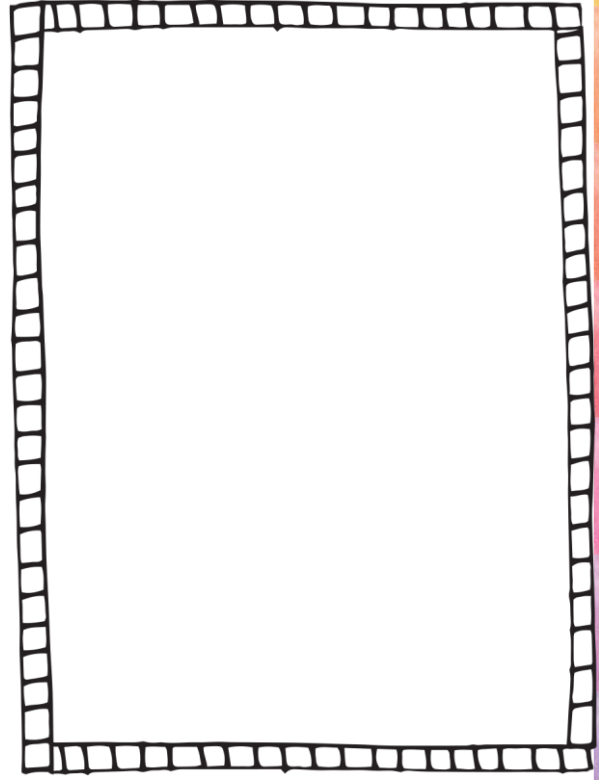
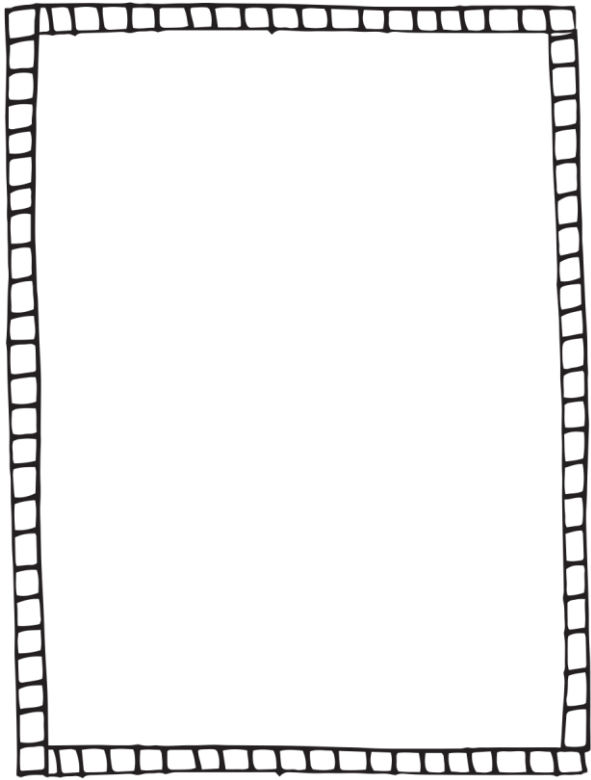
ITEMS

MOVIES

MOVIES

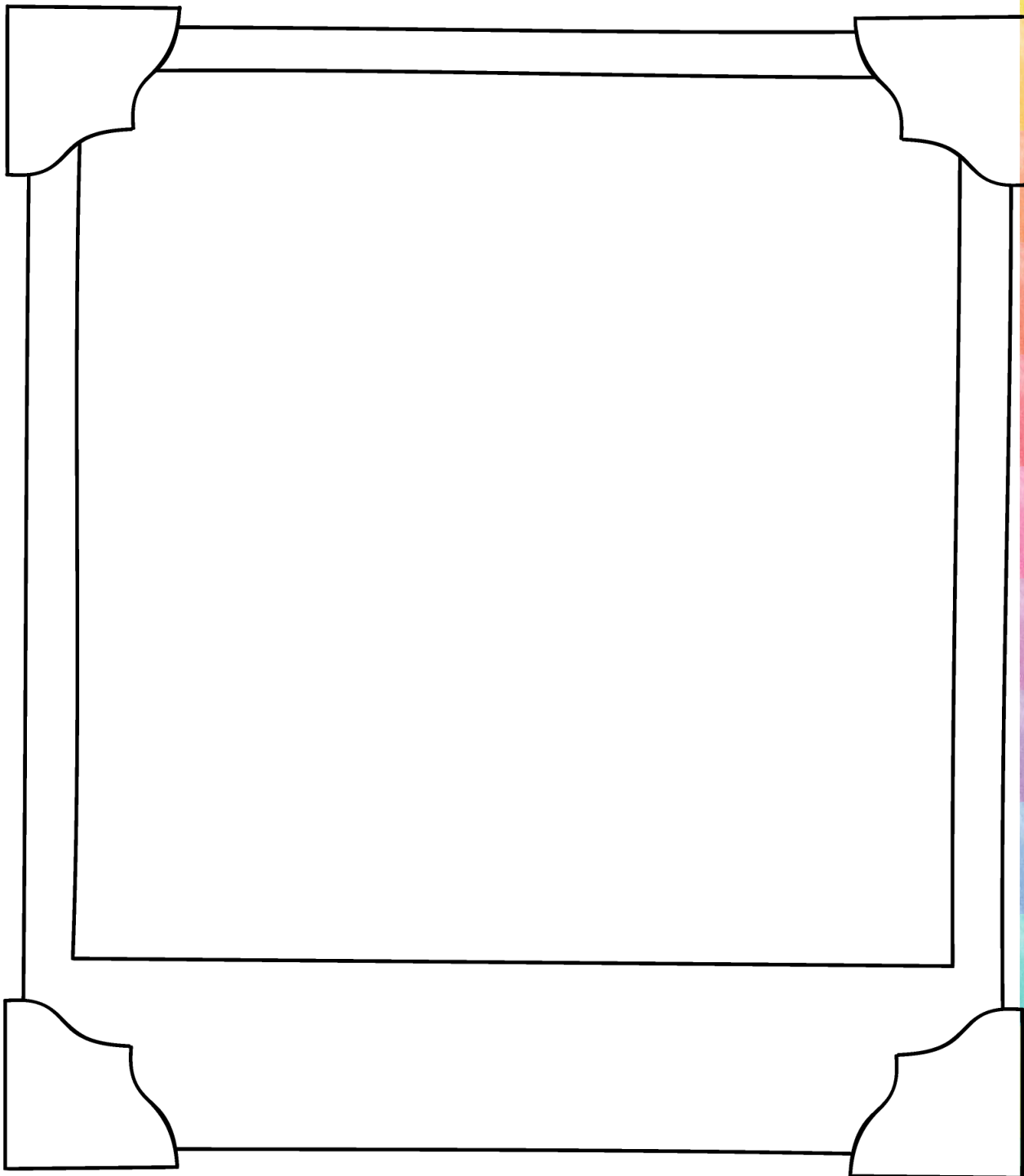
MOVIES

THINGS I APPRECIATE ABOUT FAMILY OR FRIENDS



- QUOTES
- BOOKS
- PEOPLE
- MOVIES
- TV
- ACTIVITIES
- WEEKLY
- LIFE
- PEOPLE
- MEMORIES
- THANKS
- MUSIC
- PROMPTS
- JOURNAL

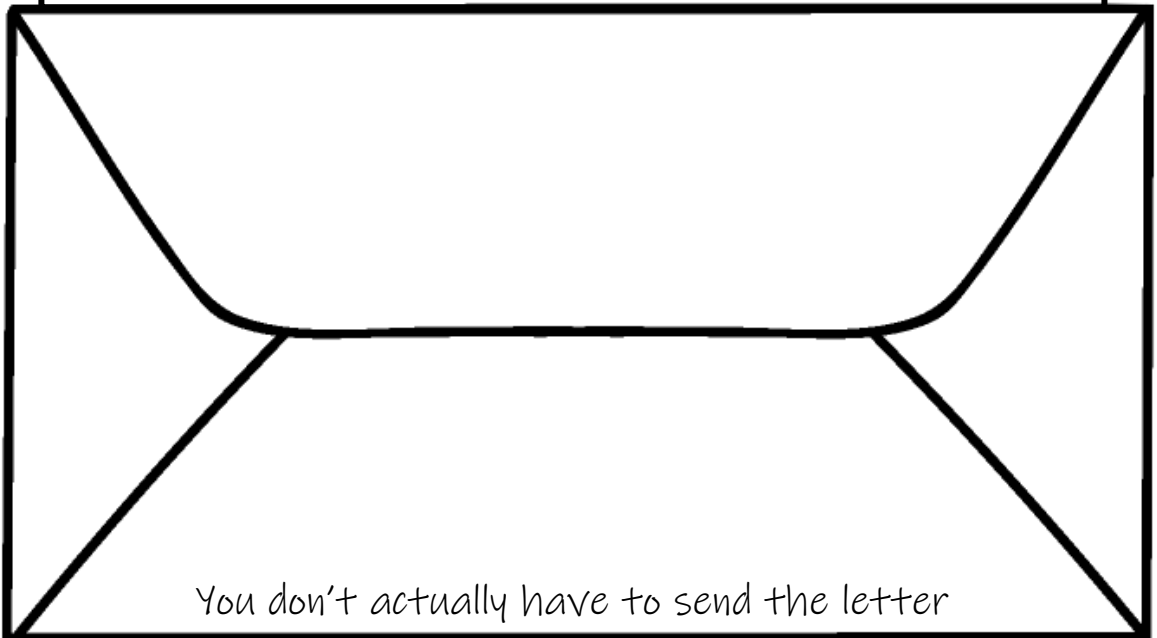
- QUOTES
- BOOKS
- PEOPLE
- MOVIES
- TV
- ACTIVITIES
- WEEKLY
- LIFE
- PEOPLE
- MEMORIES
- THANKS
- MUSIC
- PROMPTS
- JOURNAL



A SPECIAL MEMORY

Thank You

Dear



You don't actually have to send the letter

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

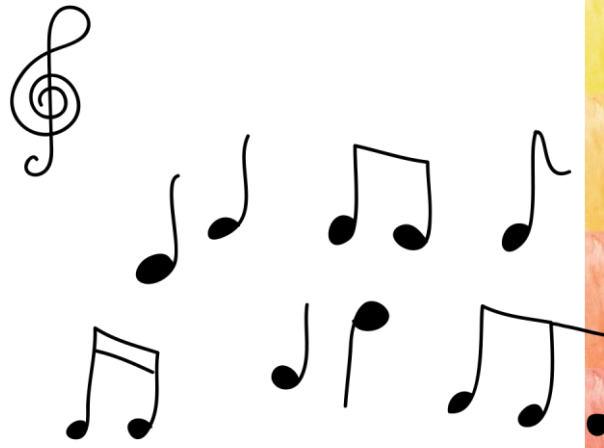
MUSIC

PROMPTS

JOURNAL

MUSIC

I Enjoy



QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

GRATITUDE

Prompts

1. Who do you love?
2. What made you smile lately?
3. Who do you like?
4. What are you good at doing?
5. Who can you count on?
6. What do you love?
7. What do you like?
8. Where do you like to go?
9. What do you enjoy?
10. Who inspires you?
11. List activities that bring you joy.
12. List items that bring you joy.
13. List people that bring you joy.
14. What makes you happy?
15. What relaxes you?
16. What makes you special?
17. What is your favorite memory?
18. Is there anything that you take for granted?
19. What is your favorite food?
20. Describe one good thing that happened to you this month.
21. What is your favorite item?

GRATITUDE

Prompts

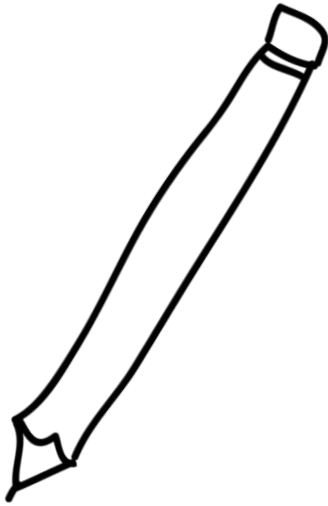
22. What is your biggest accomplishment?
23. Do you have a family tradition that you enjoy?
24. What are your good qualities?
25. What are your hobbies?
26. Is there anything that makes your life better?
27. What movie did you like?
28. What books did you enjoy?
29. Who made you smile?
30. Write about a nice thing somebody said to you.
31. Who do you enjoy spending time with?
32. What songs do you love?
33. Where is the best place you visited and what do you like about it?
34. What have you learned?
35. Has anyone shown you kindness recently?
36. What do you love about your home?
37. What do you love about your country?
38. Describe the last gift you received. Who gave it to you?

GRATITUDE

Prompts

39. What do you like about yourself?
40. What do you like about your job?
41. In what way is your life better today than it was a year ago or ten years ago?
42. What is the nicest thing that someone did for you?
43. Describe one of your best days.
44. What do you enjoy doing after work?
45. What do you enjoy doing as you get home?
46. Describe a bad experience that made you stronger.
47. What do you have today that you didn't have as a child?
48. Describe a difficulty that you have overcome.
49. What would you take to a desert island?
50. What was the last thing that made you laugh?
51. What is your favorite animal?
52. What cheers you up when you are feeling sad?
53. What do you enjoy about your daily routine?
54. Describe your last vacation?
55. What have you accomplished?

Date: _____



QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

Date: _____

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

Date: _____

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

Date: _____

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

Date: _____

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

Date: _____

- QUOTES
- BOOKS
- PEOPLE
- MOVIES
- TV
- ACTIVITIES
- WEEKLY
- LIFE
- PEOPLE
- MEMORIES
- THANKS
- MUSIC
- PROMPTS
- JOURNAL

Date: _____

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNAL

- QUOTES
- BOOKS
- PEOPLE
- MOVIES
- TV
- ACTIVITIES
- WEEKLY
- LIFE
- PEOPLE
- MEMORIES
- THANKS
- MUSIC
- PROMPTS
- JOURNAL

Date: _____

QUOTES

BOOKS

PEOPLE

MOVIES

TV

ACTIVITIES

WEEKLY

LIFE

PEOPLE

MEMORIES

THANKS

MUSIC

PROMPTS

JOURNALS

Date: _____
