

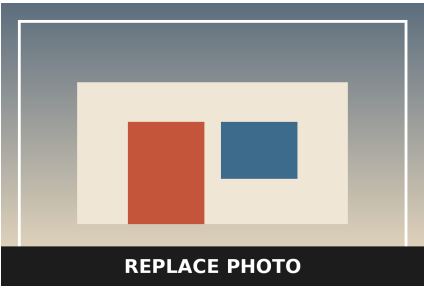
Gratitude journal

One page a day. Three lines are enough. Skip any day.

The harbor light stayed on.

This book belongs to	
Started	
A word for this month	

[Example]



Optional photo. Replace this.
GRATITUDE JOURNAL · [EXAMPLE]

How to use these pages

Write the date. Answer the prompt. Add one line you would forget by tomorrow.

1	Date and the prompt
2	Three glad things
3	One small reason
4	Evening line

DAY 1

Three things you are glad of.

Date	
Glad 1	
Glad 2	
Glad 3	

Because

Evening line

Who helped, and how.

Date	
Glad 1	
Glad 2	
Glad 3	

Because

Evening line

Something ordinary that was enough.

Date	
Glad 1	
Glad 2	
Glad 3	

Because

Evening line

Something ordinary that was enough.

Date	
Glad 1	
Glad 2	
Glad 3	

Because

Evening line

Something ordinary that was enough.

Date	
Glad 1	
Glad 2	
Glad 3	

Because

Evening line

Something ordinary that was enough.

Date	
Glad 1	
Glad 2	
Glad 3	

Because

Evening line

Who helped, and how.

Date	
Glad 1	
Glad 2	
Glad 3	

Because

Evening line

Who helped, and how.

Date	
Glad 1	
Glad 2	
Glad 3	

Because

Evening line

Who helped, and how.

Date	
Glad 1	
Glad 2	
Glad 3	

Because

Evening line

Index of days

Optional. Page numbers are yours to fill.

Day	Prompt	Page
1	Three things you are glad of.	
2	Who helped, and how.	
3	Something ordinary that was enough.	
4	What you want to remember tonight.	
5	Three things you are glad of.	
6	Who helped, and how.	
7	Something ordinary that was enough.	
8	What you want to remember tonight.	
9	Three things you are glad of.	
10	Who helped, and how.	
11	Something ordinary that was enough.	
12	What you want to remember tonight.	
13	Three things you are glad of.	
14	Who helped, and how.	