



Gratitude Journal

Inhale gratitude. Exhale peace.

THE IMPORTANCE OF GRATITUDE

Gratitude wakes us up to the beauty and magic of everyday life, but we have to choose it. Create the space for a simple daily routine of reflection and doing the work, and over time the benefits start to show up in our lives in overwhelming ways.

People who practice gratitude consistently feel more generous, compassionate, and connected to others. Ultimately gratitude is one of the great keys to unlocking happiness.

USING YOUR GRATITUDE JOURNAL

The way you use your gratitude journal is up to you, but we recommend writing in it each night before bed. Building a routine of gratitude into your evenings is a great way to wind down, reflect on your day, and generate positive emotions. This shift in perspective is an excellent way to calm a busy mind before drifting off to dreamland.

DATE

“Gratitude makes sense of
our past, brings peace for today,
and creates a vision for tomorrow.”

——
Melody Beattie

TODAY I’M GRATEFUL FOR:

DATE

“If the only prayer you said was
thank you, that would be enough.”

——
Meister Eckhart

TODAY I’M GRATEFUL FOR:

DATE

“Gratitude is when memory is stored
in the heart and not in the mind.”

———
Lionel Hampton

TODAY I’M GRATEFUL FOR:

DATE

“Gratitude helps you to grow
and expand; gratitude brings joy and
laughter into your life and into the
lives of all those around you.”

———
Eileen Caddy

TODAY I’M GRATEFUL FOR:

DATE

“It’s never the greener pastures a
few miles ahead. It’s the Earth
beneath our feet right now.”

———
Tamara Levitt

TODAY I’M GRATEFUL FOR:

DATE

“Nothing can bring
you peace but yourself.”

———
Ralph Waldo Emerson

TODAY I’M GRATEFUL FOR:

DATE

“Gratitude doesn’t cancel out what’s
hard in our lives, but rather
reminds us of what we have.”

—
Anonymous

TODAY I’M GRATEFUL FOR:

DATE

“It’s nice to look back on
your life and see things as
lessons and not regrets.”

—
Rihanna

TODAY I’M GRATEFUL FOR:

DATE

“The thankful heart opens our eyes to a multitude of blessings that continually surround us.”

—
James E. Faust

TODAY I'M GRATEFUL FOR:

DATE

“Gratitude wakes us up to the goodness and beauty in life. But we have to choose it.”

—
Tamara Levitt

TODAY I'M GRATEFUL FOR:

DATE

“Silent gratitude isn’t
much use to anyone.”

———
Gertrude Stein

TODAY I’M GRATEFUL FOR:

DATE

“The more you praise and
celebrate your life, the more
there is in life to celebrate.”

———
Oprah Winfrey

TODAY I’M GRATEFUL FOR:

DATE

“Practicing gratitude is how
we acknowledge that there’s
enough and we’re enough.”

———
Brené Brown

TODAY I’M GRATEFUL FOR:

DATE

“A journey of a thousand miles
begins with a single step.”

———
Lao Tzu

TODAY I’M GRATEFUL FOR:

DATE

“This is a wonderful day.
I’ve never seen this one before.”

———
Maya Angelou

TODAY I’M GRATEFUL FOR:

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“Feeling gratitude and not
expressing it is like wrapping
a gift and not giving it.”

———
William Arthur Ward

TODAY I’M GRATEFUL FOR:

DATE

“Acknowledging the good that
you already have in your life is the
foundation for all abundance.”

—
Eckhart Tolle

TODAY I’M GRATEFUL FOR:

DATE

“Gratitude is one of the
sweet shortcuts to finding peace
of mind and happiness inside.”

—
Barry Neil Kaufman

TODAY I’M GRATEFUL FOR:

DATE

“An attitude of gratitude
brings great things.”

———
Yogi Bhaajan

TODAY I'M GRATEFUL FOR:

DATE

“When you change the
way you look at things, the
things you look at change.”

———
Wayne Dyer

TODAY I'M GRATEFUL FOR:

DATE

“Wherever you are, be there.
If you can be fully present now,
you’ll know what it means to live.”

—
Steve Goodier

TODAY I’M GRATEFUL FOR:

DATE

“It is not joy that makes
us grateful; it is gratitude
that makes us joyful.”

—
David Steindl-Rast

TODAY I’M GRATEFUL FOR:

DATE

“Rather than being your thoughts and emotions, be the awareness behind them.”

—
Eckhart Tolle

TODAY I'M GRATEFUL FOR:

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“Just as a gardener tends to her flowers, care for your practice daily, and watch it grow, strengthen and blossom.”

—
Tamara Levitt

TODAY I'M GRATEFUL FOR:

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“If your compassion does not
include yourself it is incomplete.”

———
Jack Kornfield

TODAY I’M GRATEFUL FOR:

DATE

“What you focus on grows, what you
think about expands, and what you
dwell upon determines your destiny.”

———
Robin Sharma

TODAY I’M GRATEFUL FOR:

DATE

“The pause is as
important as the note.”

———
Truman Fisher

TODAY I’M GRATEFUL FOR:

DATE

“Gratitude is a powerful catalyst
for happiness. It’s the spark that
lights a fire of joy in your soul.”

———
Amy Collette

TODAY I’M GRATEFUL FOR:

DATE

“The more grateful I am,
the more beauty I see.”

——
Mary Davis

TODAY I'M GRATEFUL FOR:

DATE

“I would maintain that thanks are the
highest form of thought, and that gratitude
is happiness doubled by wonder.”

——
Gilbert C. Chesterton

TODAY I'M GRATEFUL FOR: