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Daily Gratitude Journal

Week 1	**Morning:** Name one thing you are grateful for today. **Evening:** Name one way you helped someone today.	**Morning:** What is one thing you are looking forward to today? **Evening:** What is one small action you took that made someone's day easier?	**Morning:** Write down one small comfort (like coffee, a sunrise, or a hug) you're grateful for this morning. **Evening:** Name one thing you are grateful for today.	**Morning:** Name two things you are grateful for today. **Evening:** Name two ways you helped someone today.	**Morning:** How can you be more generous today? **Evening:** How did you show kindness to someone (or yourself) today?	**Morning:** Name one ability, strength, or skill you're grateful to have. **Evening:** Describe a time you recently made someone smile.	**Morning:** What's one strength you can use to support others today? **Evening:** What's one moment from today you don't want to forget?
Week 2	**Morning:** What positive attitude or mindset do you want to carry into today? **Evening:** Describe a moment that your mindset positively impacted someone today.	**Morning:** What is one skill or ability you're grateful to have? **Evening:** How did you use that skill today?	**Morning:** Who is one person you'd like to appreciate today? **Evening:** How did you express appreciation or encouragement today?	**Morning:** Name three things you are grateful for today. **Evening:** Name three ways you helped someone today.	**Morning:** Name a challenge in your life. How can you reframe it as an opportunity for growth? **Evening:** Describe a moment when you listened or supported someone recently.	**Morning:** What's something you can do today to make someone's day easier? **Evening:** Describe a small moment that brought you joy today.	**Morning:** Who inspires you and why are you grateful for them? **Evening:** Describe a moment you encouraged someone today.
Week 3	**Morning:** What is one way you can bring positivity to your day? **Evening:** How did you uplift someone else today?	**Morning:** Write one thing about your health, body, or energy that you're grateful for. **Evening:** How did you take care of your well-being today?	**Morning:** Name a feeling that you're grateful for and why. **Evening:** How did you make a positive impact today, big or small?	**Morning:** Name three things you are grateful for today. **Evening:** Name three ways you helped someone today.	**Morning:** Name something you're excited for today. **Evening:** How did you brighten someone's day recently?	**Morning:** Who is someone you can check in on today? **Evening:** What's something you're grateful happened today?	**Morning:** What quality of yours are you grateful for today (patience, humor, persistence, etc.)? **Evening:** How did one of your strengths help someone today?
Week 4	**Morning:** Who has helped you recently, and how can you pay it forward today? **Evening:** Describe a special meal you had recently and why it meant so much to you.	**Morning:** Write one thing about your work or daily routine you're thankful for. **Evening:** How did you contribute to your team, household, or community today?	**Morning:** What past lesson are you grateful for that guides you today? **Evening:** What kindness did you practice today?	**Morning:** Name three things you are grateful for today. **Evening:** Name three ways you helped someone today.	**Morning:** What is one relationship you'd like to nurture today? **Evening:** Describe a moment you laughed recently.	**Morning:** Name something about yourself that makes you proud. **Evening:** What simple pleasure did you savor today?	**Morning:** Reflect on a recent time you chose patience, kindness, or encouragement. **Evening:** What is one comfort you enjoyed today that you often overlook?
Week 5	**Morning:** Write about a memory that still brings you gratitude today. **Evening:** How did you make someone feel seen, heard, or valued recently?	**Morning:** What is one freedom or privilege you appreciate in your life? **Evening:** Describe a time you encouraged someone recently.	**Morning:** What is one simple object around you that makes life easier or more enjoyable? **Evening:** What is one way you helped create a positive atmosphere at work, home, or in your community?				