

GRATITUDE JOURNAL

DAY ONE

Journal your day

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5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

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Who made you happy & what did they do to make you happy?

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What did you learn today?

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What random act of kindness did you complete today?

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Bonus Activity - Did you do it and what was the outcome?

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GRATITUDE JOURNAL

DAY TWO

Journal your day

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5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

Who made you happy & what did they do to make you happy?

What did you learn today?

What random act of kindness did you complete today?

Bonus Activity - Did you do it and what was the outcome?

GRATITUDE JOURNAL

DAY THREE

Journal your day

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5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

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Who made you happy & what did they do to make you happy?

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What did you learn today?

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What random act of kindness did you complete today?

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Bonus Activity - Did you do it and what was the outcome?

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GRATITUDE JOURNAL

DAY FOUR

Journal your day

5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

Who made you happy & what did they do to make you happy?

What did you learn today?

What random act of kindness did you complete today?

Bonus Activity - Did you do it and what was the outcome?

GRATITUDE JOURNAL

DAY FIVE

Journal your day

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5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

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Who made you happy & what did they do to make you happy?

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What did you learn today?

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What random act of kindness did you complete today?

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Bonus Activity - Did you do it and what was the outcome?

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GRATITUDE JOURNAL

DAY SIX

Journal your day

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5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

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Who made you happy & what did they do to make you happy?

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What did you learn today?

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What random act of kindness did you complete today?

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Bonus Activity - Did you do it and what was the outcome?

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GRATITUDE JOURNAL

DAY SEVEN

Journal your day

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5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

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Who made you happy & what did they do to make you happy?

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What did you learn today?

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What random act of kindness did you complete today?

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Bonus Activity - Did you do it and what was the outcome?

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GRATITUDE JOURNAL

DAY EIGHT

Journal your day

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5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

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Who made you happy & what did they do to make you happy?

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What did you learn today?

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What random act of kindness did you complete today?

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Bonus Activity - Did you do it and what was the outcome?

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GRATITUDE JOURNAL

DAY NINE

Journal your day

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5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

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Who made you happy & what did they do to make you happy?

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What did you learn today?

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What random act of kindness did you complete today?

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Bonus Activity - Did you do it and what was the outcome?

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GRATITUDE JOURNAL

DAY TEN

Journal your day

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5 Things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Who did you make happy and what did you do?

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Who made you happy & what did they do to make you happy?

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What did you learn today?

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What random act of kindness did you complete today?

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Bonus Activity - Did you do it and what was the outcome?

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