

7 Day Gratitude Journal

There are many positive benefits of keeping a gratitude journal. Keeping a writing log of your positive experiences can improve your mood as well as attract more abundance, happiness, and bliss you're your life.

Instructions: For each day of the week, write about what you are grateful for least three times a day. At the end of the week, pick a few highlights for a weekly recap.

Week of:

HIGHLIGHTS OF THIS WEEK <i>(What were you most grateful for this week?)</i>
1.
2.
3.
4.
5.

MONDAY

What are you grateful for today?

1.

2.

3.

4.

5.

TUESDAY

What are you grateful for today?

1.

2.

3.

4.

5.

WEDNESDAY

What are you grateful for today?

1.

2.

3.

4.

5.

THURSDAY

What are you grateful for today?

1.

2.

3.

4.

5.

FRIDAY

What are you grateful for today?

1.

2.

3.

4.

5.

SATURDAY

What are you grateful for today?

1.

2.

3.

4.

5.

SUNDAY

What are you grateful for today?

1.

2.

3.

4.

5.